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"This time of year, tomatoes, spinach, cucumber, beets, strawberries and figs are at peak perfection. But my weakness is sweet, juicy peaches. Here's one of my family's favorite recipes. It's perfect for an after-school snack, a summer BBQ or anytime!"

PEACH SALSA

INGREDIENTS

- › 3 peaches
- › 1 green bell pepper, diced
- › 2 scallions, chopped
- › ¼ c minced cilantro
- › 1 T finely diced red onion
- › 2 cloves garlic, minced
- › 1 ½ T lime juice
- › ½ t red pepper flakes
- › Salt

DIRECTIONS

Drop peaches in boiling water for 30 seconds to 1 minute (the longer time for less-ripe peaches), refresh under cold water to stop the cooking, then peel and pit. In a medium bowl, combine all ingredients except salt. Cover and refrigerate at least 2 hours. Season to taste with salt.

KEEP UP WITH AMY

Visit **Amy's Kitchen Table** every week for new recipes with fresh, organic ingredients and tips on how Bosch can make cooking even more enjoyable.



www.amyskitchentable.com



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Reliable Rugosas

Rugosas are the original carefree rose: low-maintenance, pest- and disease-resistant, repeat-blooming, with four seasons of interest. Oh yes, beautiful, too.

—By Wes Hunsberger

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A Present Planted for the Future

Scott McClendon dreamed of growing apples, peaches, and apricots. So instead of a fruit basket for his birthday, his wife surprised him with an entire orchard.

—By Nan Sterman

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Unripe for the Taking
Green tomatoes are a garden treat all their own, and not just an underripe consolation prize. Their crisp tartness adds zing to many dishes, especially the classic fried green tomatoes.

—By Denise Gee

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Going with the Flow
A drainage problem spurs a backyard makeover as landscape architect Marcus de la Fleur turns the land around his rental house into a sponge, one water-saving project at a time.

—By Shirley Remes



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The satisfying lure of a seaside summer.

COVER PHOTOGRAPH: ROBERT M. PEACOCK. LEFT: COURTESY OF ROB CARDILLO/CHANTICLEER: A PLEASURE GARDEN. ABOVE, LEFT TO RIGHT: MELANIE GRIZZEL, ROB CARDILLO

THOUGHT LINES

Summer to me means roses! They're Queen of the Flowers, but are all too often Mean Divas. But there is a happy alternative: Wes Hunsberger advocates switching out fusspot hybrid teas and floribundas for rugosa roses that are as robust as they are perfumed. They're also laden with gorgeous flowers, provide beautiful autumn color, and have edible hips or hips (the seedpods), which are also a good source of vitamin C (easy-to-make rose-hip jelly is delicious). If they weren't so sensible, they'd probably take a bow.

Which is precisely what the Rodale Institute should do—to loud applause. Organic research is the backbone of what it does, and this year the Institute is celebrating the 30th anniversary of its Farming Systems Trial. Be sure to read *Pay Dirt* if you want to understand what being organic means to life on Earth. The late U.S. Senator from Illinois Paul Simon once told me, “Wars will be fought over water one day.” (His book *Tapped Out* is a must-read.) But the Rodale Institute's FST has given us the evidence we need to know that *farming the soil*, not tinkering with plant genetics, is the sane and sensible way to counteract drought—and, it is to be hoped, avoid future conflict. Life is precious, and it's not a rehearsal. It behooves us always to try to do the right thing, which sometimes is beautifully simple: like gardening and growing organically. Why do it any other way?

In a few weeks, we'll be joking about the tomato glut. I, however, take glut-prevention measures, a.k.a. Old-Fashioned Fried Green Tomatoes, a dish that is a bit of an international tourist culinary wonder sought out by foodie travelers seeking the real tastes of the South. Writer Denise Gee, whose grandmother was a renowned Mississippi chef, has shared her recipes and foolproof tips on how to get the batter to stay on the tomato (something northerners wrestle with), and a zesty dip to add a bit of luncheon class to this homely dish. And be sure to give the Sweet Green Tomato Pie a whirl, too.

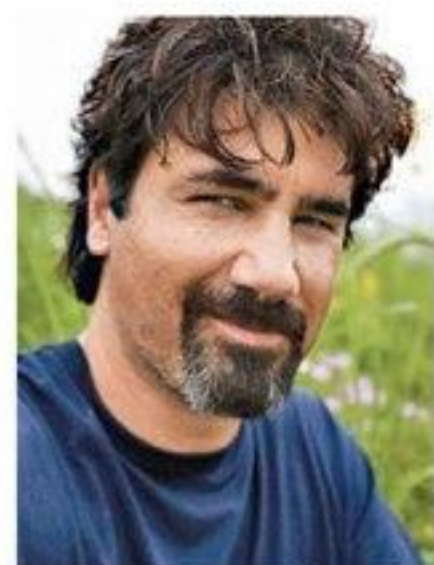
While we're talking tourism, now's a good time to get your passport up-to-date. This October, *Organic Gardening* Getaway Tours sets off to Italy on the first of our collection of visits around the wide world of organics: the OG Tuscan Harvest Tour, led by me and Florentine garden designer Alessandro Tombelli. Join us on visits to local artisanal wineries and olive oil *fattorie* in the gorgeous Chianti region, and be part of the culinary classes—one of which is a visit to Poggio Alloro, featured in our October/November 2010 issue. Enjoy a week discovering hidden Tuscany, meeting fellow organic gardeners, and sharing their tips about growing and enjoying gardens of Italian style—organic gardening is truly an international language. Turn to page 75 for details; I look forward to traveling with you!



Ethne Clarke
Editor in Chief



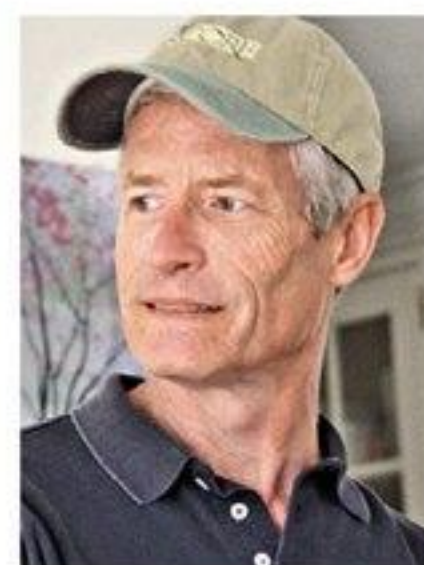
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bill thomas
is executive director of the Chanticleer Foundation. He reveals the artistry of the multi-talented horticulturists who make the place about more than just the flowers. p. 28

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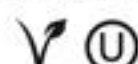


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strict sustainability standards. Printed in the USA

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Late Spuds

I am a new subscriber, and Doug Hall's article "Raising Potatoes" [April/May] reminded me of the stories I have heard about my great-grandfather Peter Wood. He came to this country from Scotland, eventually marrying and settling in Deering, New Hampshire, in the early 1900s. He was well known in that area for

waiting to plant his potatoes until July 4 and always harvesting as many as his neighbors. Perhaps that was his method for avoiding an insect problem or to give the New England soil plenty of time to warm up. I look forward to learning more about organic gardening in upcoming issues.

Anne Helfrich
Ozark, Michigan



Potato Mulch

I read the excellent article on potato growing. I have successfully grown potatoes for years using raised beds. After the initial planting in soil, I use lawn clippings to mulch the bed. This keeps direct sunlight off the potatoes and avoids "greening." It's easier than acquiring more soil, and I've never had a significant bug problem.

John J. Ganly
Manchester, Connecticut

Fresh Boiled

The article "Eggstatic!" [April/May] was interesting. I've raised chickens for over 25 years because I love fresh eggs. But I've never been able to peel a fresh hard-boiled egg. I have tried—start with cold water, add salt to the water, slightly crack the end of the egg before boiling—but nothing seems to work except to store eggs in the fridge for a couple of weeks. Suggestions?

Debbie Knutson
Fence, Wisconsin

Some factors that make fresh eggs hard to peel include lower pH and less air within the shell. Plunge the boiled eggs into cold water, cracking the shells as you drop them into the bowl. They

will cool quickly and contract, becoming easier to peel. The cold bath also prevents a gray coating from developing around the yolk. —Editor

Grow-Your-Own Wedding

I enjoyed last month's article on growing flowers for your wedding ["Day of Wonder"]. Last summer I was married, and I took on the challenge of growing my own flowers. We live in upstate New York, Zone 5, so flower choices were limited. I did lots of research on growing flowers and scheduled many successive seed sowings.

Deer ate the first sowing. A hungry woodchuck destroyed much of the second, and my dog trampled some of the third. I fenced off the plots with stakes and yarn



to keep out the dogs and deer. I sprayed the plants daily with an organic mix of hot cayenne pepper, milk, eggs, and oil. Every 5 to 7 days, I sowed more seeds.

My suggestion is sow, sow, and sow some more every week for at least a month. We picked 10 5-gallon pails full of beautiful flowers! I made my own bouquet, as well as arrangements to decorate tables, the church, and anywhere else that needed a little color. It was amazing how beautiful they turned out, and everyone was so impressed that I grew them myself. In the end, I am glad that I grew my own flowers. It is something that I will always remember and made our wedding even more special.

Jill Turner
Little Falls, New York

Thanks from the Southwest

Receiving your April/May issue, I was surprised to see desert-dwelling plants in the Texas-Style Mixed Border of the "Wildly Formal" article. Thank you for showcasing desert natives. As a desert Southwest gardener, it has been frustrating to accept that the mainstream gardening media neglects Southwest gardeners. Perhaps they think we in the Southwest do not have gardens?

Hilery Hixon
Las Vegas, Nevada

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LETTERS

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Solar-Powered Dehydrating

I've always wanted a solar food dehydrator but haven't built one yet. In the meantime, I take advantage of the greenhouse effect inside my car to dehydrate mint, basil, kale, Swiss chard, cilantro, dill, etc. I've also had some success making sun-dried tomatoes. Even in our humid Illinois summers, I'm able to successfully dehydrate produce by spreading it out on cookie sheets in a single layer on the seats of the car. Barely cracking the windows allows the hot, humid air to exit.

*Ginger Li
Homewood, Illinois*

Orchid Nutrition

For the last several years, I've been soaking orchid bark in compost tea before repotting, and my flowers are vibrant. I've used both "worm tea" from red-worm composting and traditional compost tea made by aerating water with a little compost and molasses. The bark soaks up the nutrients and gives the orchids a long-lasting boost.

*Eli Brown
Alameda, California*

Baby Pots

I had my first child in July. As we all know, infants eat a lot. Every time I threw away an empty formula can, something nagged at me. So I took an empty can, washed it, and pulled the label off. I spray-painted the outside, poked 5 holes in the bottom, and put the plastic lid on the bottom as a tray. Now I save money making my own pots, and I am recycling!

*Leesa Wolf
Killeen, Texas*

Silly Garden Bands

Last summer it seemed that every preteen, my daughters included, was wearing those silicone rubber bands shaped like various fruits, vegetables, and animals as bracelets. Now that the craze is over, we have a drawerful of them that see occasional use whenever a rubber band is needed. These colorful bands are perfect for bundling cut asparagus, greens, and herbs.

*Jim LaRegina
Harrisburg, Pennsylvania*



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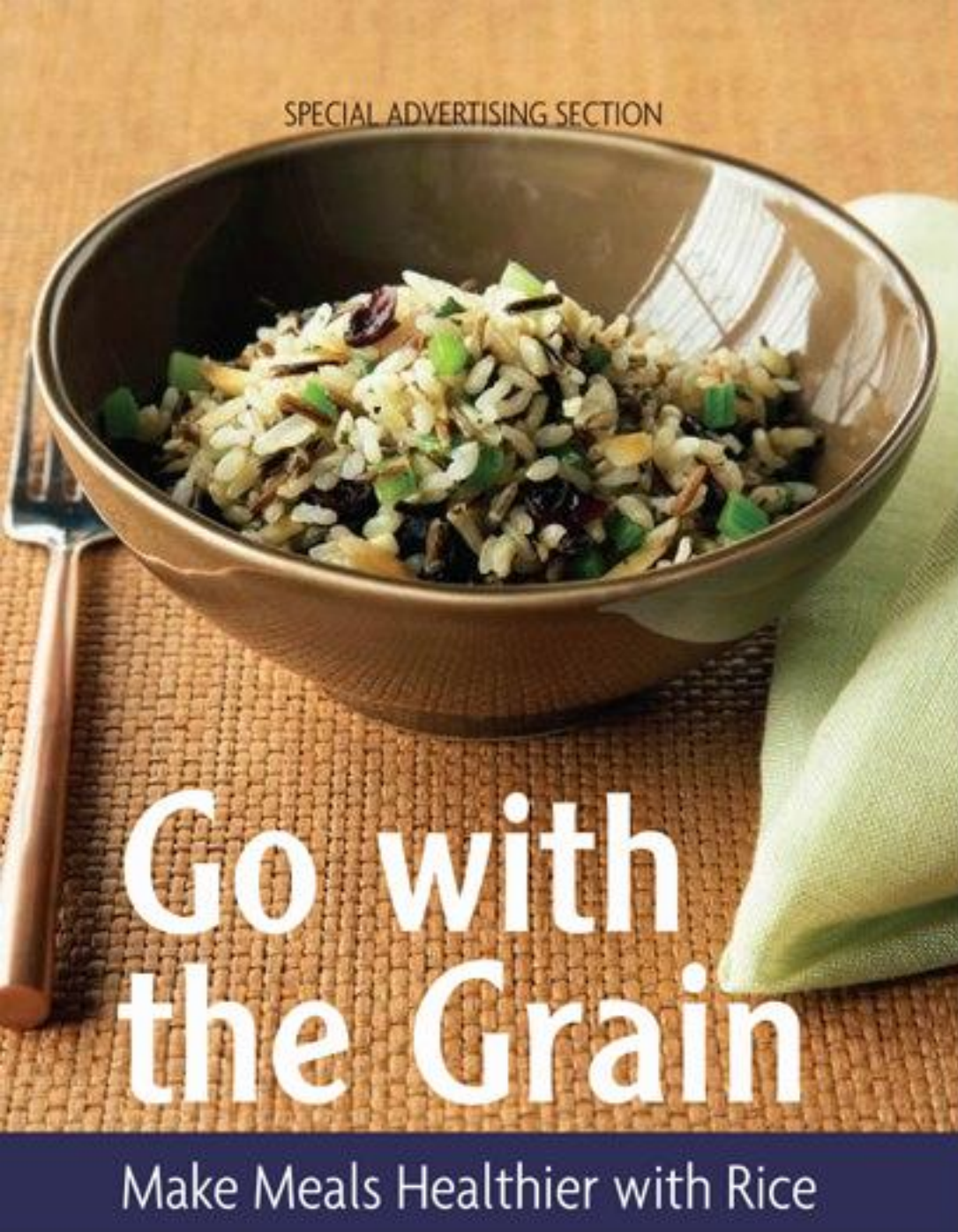


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Facebook Discussion of the Month



When asked, "Does your employer offer a place to garden at work?" our followers answered:

Mary Heim: Yes, and it's organic. Employees pay \$20 a year for a 4-by-20 plot. We can keep the produce or donate it to the local food bank.

Coletta Teske: One of the reasons that I am self-employed and work out of my home is so I can take my work breaks in my garden. It's a great way to get my head out of the computer.

Chuck Kelsey: I am the pastor of a United Methodist Church in Iowa. We have a garden and are building a small greenhouse. The garden is for community use and the Head Start kids to use, and will supply some of our needs for a free meal we offer. I can play in it as much as I want.

Jada Nicks Edwards: Perfect timing for this question: My boss and I just spotted an empty raised bed (once a children's sandbox many years ago) right here on our hospital campus. We are going to ask permission to get some veggies and herbs going. A flower or two wouldn't hurt this place, either!

Kimber Kneeland: Yes, we have a community garden here at the law school, run by the Environmental Law students. We have enough plots to have staff and faculty join in and participate. Can't wait for my own plot.

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Pots with Personality

Follow these design guidelines to get the most impact from container plantings.

Planted pots belong in every garden. Whether you garden on a sunny urban balcony, in the shade outside a studio apartment, or in a suburban or rural garden, whether in USDA Plant Hardiness Zone 2 or 10, planted pots add so very much to the



garden's character. Plant the tropical glory bush (*Tibouchina*) in a pot, and you'll introduce an energizing bolt of luminous blue into your sunny garden. Plant three 'Texas Parking Lot' coleuses in a 24-inch pot, and in a few weeks the burgundy-and-gold leaves will light up a semishaded corner of your terrace.

No matter where you garden in North America, planted pots expand your plant vocabulary and introduce striking textures, forms, and colors in plants from around the world. Remember reading about papyrus in elementary school? Ever seen it? Last May, in my garden in southern Vermont, I planted six small papyruses

(*Cyperus papyrus*) from 4-inch pots into a tall, narrow terra-cotta container in full sun, and another six in a different pot that I set into a pond in full shade. By late August, all 12 were 6 feet tall.

Go into any good garden center in late spring, and you'll see a remarkable selection of low-maintenance annuals that are suited to container culture: Egyptian starflowers (*Pentas*), fragrant *Zaluzianskya*, globe amaranth (*Gomphrena*), autumn sage (*Salvia greggii*), and African daisies (*Osteospermum*), to name just a few.

Sometimes the most dramatic effects are created when a pot is dedicated to a single beautiful specimen or an all-of-one-kind planting. To add the element of contrast, pair two types of plants in one pot. For example, plant two pink-flowering upright 'Billy Green' fuchsias in the center of a large pot; then surround them with five trailing blue fan flowers (*Scaevola*).



Far left to right:

- Container gardens showcase bold upright forms and contrasting textures and colors.
- Papyrus in a blue urn complements classical architecture.
- Pink impatiens, purple-leaved iresine, and wire vine are colorful companions for shade.
- 'Oregon Prolific' common fig in a large pot shades a terrace.

Container Tips

- Choose large pots—at least 16 inches in diameter—to reduce watering frequency.
- Fill your pots to within 3 inches of the rim with a soil-less mix formulated for containers.
- Combine plants with similar light requirements: sun or shade.
- Apply water-soluble organic fertilizer every 2 weeks.
- Move heavy pots with a ball cart (a hand truck designed for moving balled-and-burlapped trees at garden centers) or get help to lift them into a wheelbarrow or garden cart.

Or choose plants with three different growing habits: pillars, fillers, and spillers. Place an upright plant (the pillar) in the center of the pot, mounding plants (fillers) around the upright one, and trailing plants (spillers) where they cascade over the edge of the pot. For example, in the center of a 24-inch-diameter terra-cotta pot, place two of the upright *Agastache* 'Blue Fortune', a long-blooming variety of anise hyssop that grows 36 inches tall by summer's end. Plant three Diamond Frost euphorbia (*Euphorbia graminea*), a mounding annual with airy sprays of tiny white flowers, at the base of the *Agastache*. Around the perimeter of the pot, alternate three each of Million Bells Trailing Pink (*Calibrachoa*) and chartreuse licorice plant (*Helichrysum petiolare* 'Limelight'). The result is a striking blue/pink/chartreuse combination for full sun.

There are certain places in the landscape where planted pots look particularly good:

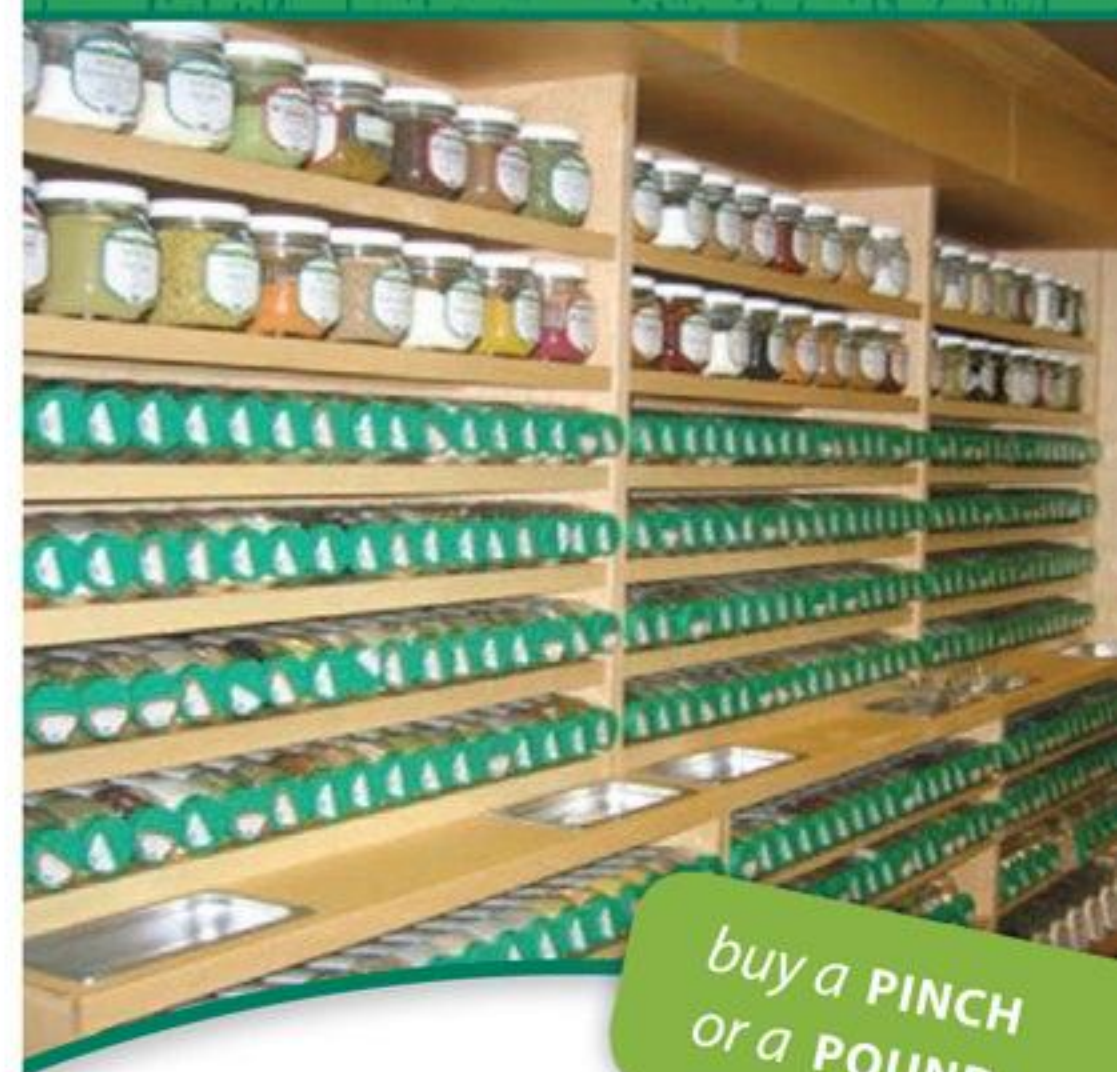
- At a garden entrance or the front door of a home
- Next to a bench, gazebo, or arbor
- In the corner of a stone patio or terrace—wherever people sit
- On steps, alongside a path, or atop stone walls
- In perennial borders to fill blank spots or to add contrast
- Where two or more paths intersect, as in an herb garden

For an informal look, gather several pots, each planted with different combinations of plants. Formal design calls for more restraint, such as a pair of matching large pots on either side of the entrance to a path. And don't forget, some pots are so gorgeous, so beautifully made, they can enjoy pride of place with no plants at all. —Gordon Hayward

For more information, see *Find It Here* on page 83.

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PLANT TNT



'Chomley Farran'

specimens as long as they are given good drainage. On clay soil, grow pinks in raised beds or in pots, which elevate the blooms nearer nose height, the better to enjoy the perfume. To acidic soils, add some horticultural lime; to infertile soils, well-rotted, finely sifted manure and powdered rock phosphate. Mulch with gravel or stones, and water weekly in dry weather. In winter, where snow cover is scant, cover loosely with ever-green boughs.

The ancestors of most cottage pinks descend from wild species native to well-drained grasslands, cliff sides, and mountainous regions of Europe and Asia. Spiky leaves frequently indicate adaptation to aridity, and cottage pinks are often subject to leaf diseases and crown rot in very moist, humid climates. Under such conditions, growing pinks in containers or raised beds, and regular applications of a neem-based fungicide, can be useful; so can selecting tolerant varieties.

Cottage pinks are good for cut-flower arrangements and so are often included in borders alongside other old-fashioned cottage flowers. —*Rand B. Lee*

For more information, see *Find It Here*, p. 83.

Pick of the Pinks

'Bat's Double Red'.

Large double rose-mauve flowers; USDA Plant Hardiness Zones 5–8

'Birmingham'. Long-stemmed double white blossoms; Zones 4–9

'Chomley Farran'. Double striped red and lavender flowers; Zones 5–10

'Pomegranate Kiss'. Frilly cherry-red blossoms; Zones 4–9

'Purpleton'. Double purple-pink blossoms, long-blooming if dead-headed; Zones 3–10

'Rose de Mai'. Clay-tolerant, early-blooming heirloom with double mauve flowers; Zones 4–9

'Scent First'. Long-blooming double red blossoms; Zones 5–9

OrganicGardening.com has more about pinks.

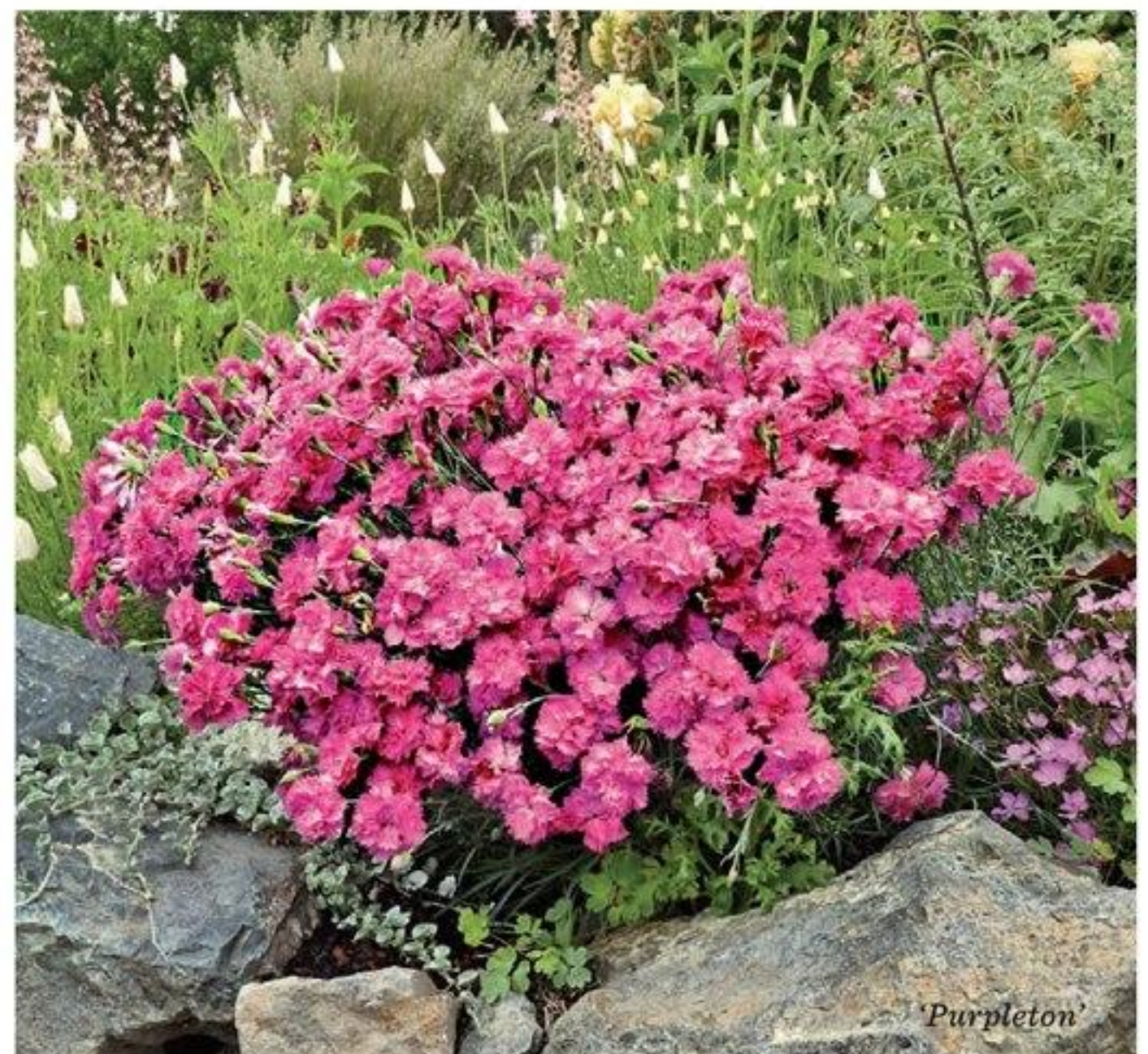
Cottage Pinks

Dianthus cultivars

• Zones 3 to 10 • Very fragrant • Full sun • Good edging plant

A drift of sweetly scented cottage pinks is one of the pleasures of early summer. Cousins to carnations (*Dianthus caryophyllus*) and sweet Williams (*D. barbatus*), cottage pinks were treasured by our grandparents for their tidy cushions of pointed, blue-green leaves topped by masses of spicy, clove-scented blossoms. Cottage pinks are not just pink; hues range from white to deepest burgundy, often with “eyes,” streaks, or edgings of contrasting color. In Britain, pinks have been bred since the early 17th century, and hundreds of cultivars may still be found. In America, they have fallen rather out of fashion, and the pinks usually found in garden centers are the scentless spawn of the China pink (*D. chinensis*).

Tolerant of drought, sun, and poor soils, cottage pinks make useful container plants, border edgers, and rock garden



'Purpleton'

FROM TOP: ROB CARDILLO, ANNIE'S ANNUALS & PERENNIALS

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Deadhead Roses for Better Blooms

Repeat-blooming roses—like the rugosa roses featured on page 36—follow their big show in late spring with smaller flushes of bloom through the growing season. They flower best if faded blossoms are pruned off, or deadheaded, weekly. Deadheading is also an opportunity to groom and shape the shrub and guide its future growth.

Roses have compound leaves that are composed of smaller leaves called leaflets. Toward the tips of stems, leaves may have just three leaflets; lower down, where the canes are thicker, leaves have five or even seven leaflets. At the point where each leaf attaches to the stem is a small green nub—the growth bud. The classic advice for deadheading roses is to cut the stem just above the topmost leaf with five leaflets.

E. J. Hook, environmental services manager at Montana State University and former manager of the organic Rose Garden at the Woodland Park Zoo in Seattle, says it's often not necessary to prune that far back. His deadheading recommendation is based not on a count of leaflets but on the direction the growth bud faces. "Prune down to the next outward-facing bud you see below the spent flower," Hook says. "That's as far back as you need to go." Make an angled cut about ¼ inch above the bud.

The pruning cut will prompt a new shoot to grow from the bud. Shoots from outward-facing buds (those on the side of the stem away from the center of the shrub) will angle slightly outward as they grow, resulting in an open, vase-shaped plant. "By opening the plant up, you get more sunlight into the center and much better air movement, which helps the leaves dry quickly," explains Hook. "It's an important way to prevent disease."

Stop deadheading in mid-August to allow the plants to slow their growth in preparation for winter, and to allow certain rose varieties to form hips—colorful fruits that persist into the winter and attract wildlife. —Willi Evans Galloway



No.2 Floribundas, polyanthas, and other cluster-flowering roses

If you have the time and patience, snip off individual flowers as they deteriorate. Otherwise, remove the entire cluster after the last flower has faded, cutting the stem at the first outward-facing bud beneath the cluster.



No.1 Shrub roses and once-blooming roses

New, low-maintenance everblooming hybrids, including shrub roses in the Knock Out series and other landscape roses, do not need to be deadheaded in order to rebloom. Prune lightly only if necessary to shape and tidy the plant.

For roses that bear a single flush of flowers in spring or early summer, deadhead only if the spent blossoms look unsightly.

No.3 Hybrid teas, grandifloras, and hybrid perpetuals

Deadheading at the topmost outward-facing bud (upper mark on stem, above) prompts quick rebloom of these vigorous growers. To encourage longer stems and large flowers for bouquets, cut back to the second leaf with five leaflets (lower mark).



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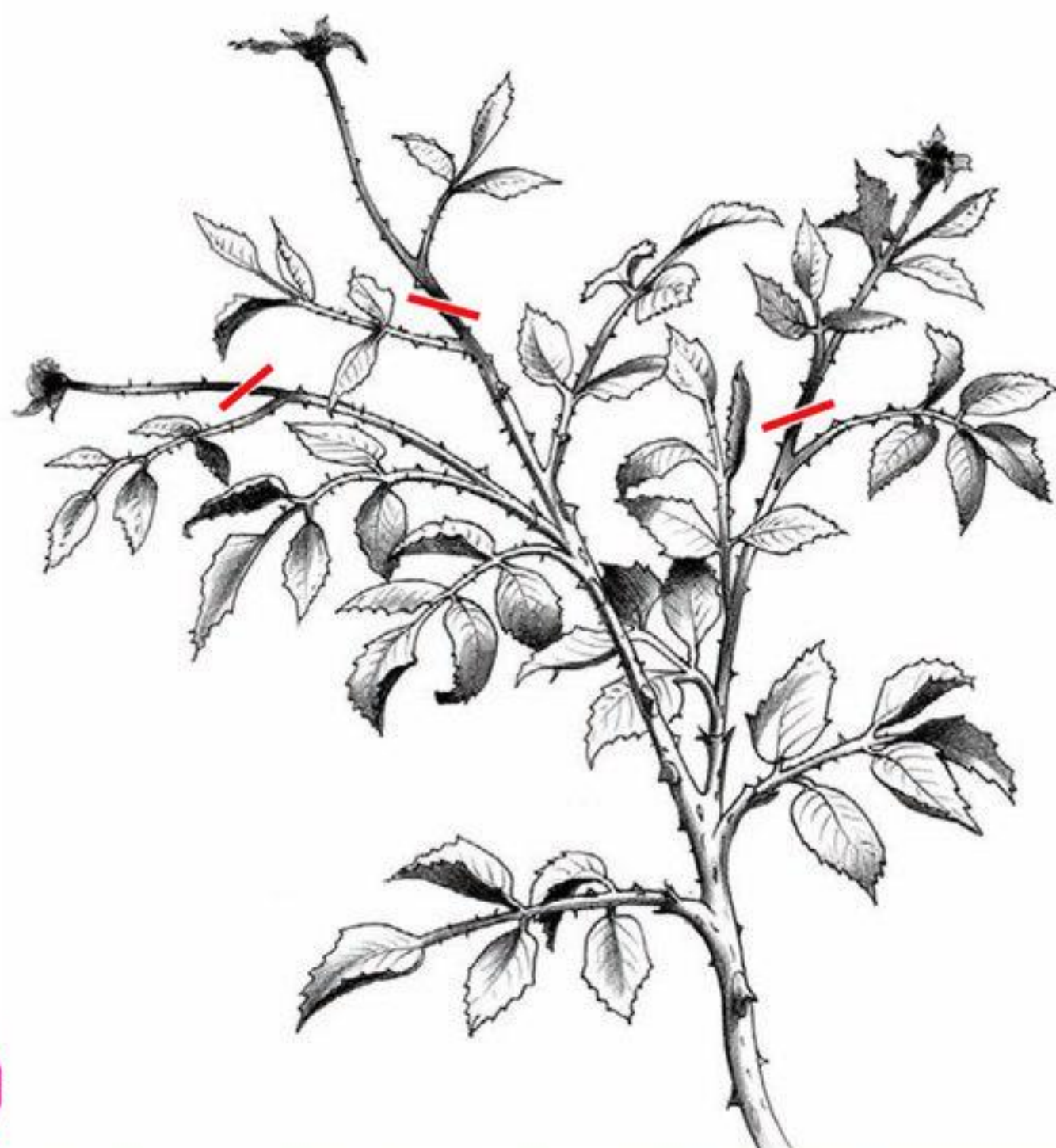
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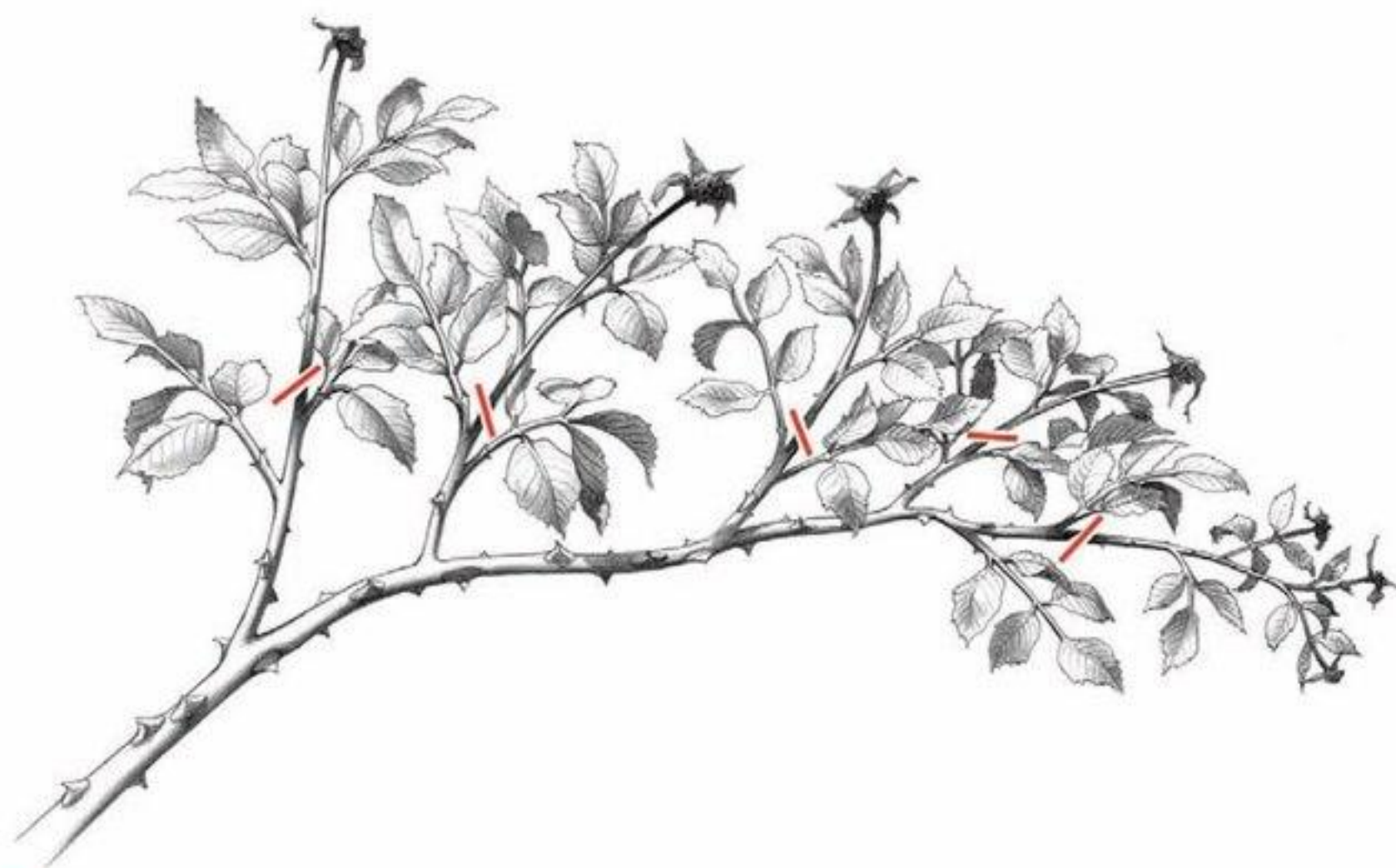
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No.4

Some heirloom rose varieties (those bred before the advent of hybrid teas in 1867) rebloom, while others don't. Deadhead repeat bloomers such as Bourbons and Portlands in a manner similar to floribundas, removing the stem tips down to an outward-facing bud.



No.5

Climbing roses

Not all climbers rebloom, but those that do often produce flowers on lateral stems that branch from the main canes. When removing faded blooms from climbing roses, shorten the lateral growth so only two leaves with five leaflets remain on each stem.

What Not to Compost

Compost is the organic gardener's greatest ally. It's easy and free to make in a backyard compost pile by layering yard waste, kitchen scraps, and other organic materials, then leaving them to decompose. Before you start composting every bit of organic waste your household produces, keep in mind that some things are best kept out of the compost pile:

- **ROOTS OF PERENNIAL WEEDS.** Dandelions, thistles, bermudagrass, and other stout-rooted plants can come back to life in a moist compost pile.
- **WEEDS THAT HAVE GONE TO SEED.** Unless all parts of the compost pile heat up enough to kill seeds, weeds will sprout wherever you use the compost.
- **GRASS CLIPPINGS FROM A CHEMICALLY TREATED LAWN.** Chemical residues may remain in the finished compost.
- **DISEASED PLANTS.** Many bacterial and fungal diseases can be spread through contaminated compost.
- **WOODY GARDEN WASTE.** Run it through a chipper and use it for mulch instead, or create a brush pile for wildlife habitat.
- **TOO MUCH OF ANY ONE MATERIAL.** Grass clippings and maple leaves can pack down into a wet, impenetrable mass that seals out the oxygen necessary for decomposition. Mix materials or add them to the pile in thin layers.
- **MEAT SCRAPS, BONES, OR FATS.** These materials are slow to decompose and may attract animals to the pile.
- **SEWAGE SLUDGE.** It can contain heavy metals, salts, and chemical residues that you don't want in your garden.
- **WASTES OF MEAT-EATING PETS.** The wastes of dogs and cats, as well as used cat litter, can harbor disease organisms or parasites.
- **ASHES FROM THE GRILL.** Charcoal briquettes (and their ashes) may contain chemical binders and heavy metals. It's best to go easy on wood ashes, too, because they can raise the alkalinity of the compost and cause nitrogen to escape to the atmosphere. —Doug Hall

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Radish Revelation

What was once an also-ran takes top billing in the garden and at the table.

Dawn greets Dorsey Barger as she harvests the radishes that expectant diners hope to find on Eastside Cafe's "Chef's Specials" menu in a few hours. Besides featuring in crudité platters, radishes are roasted for sweetness and their leafy tops sautéed for customers who never thought they'd clamor for more.

Radishes were not on the menu in 1988 when co-owners Barger and chef Elaine Martin opened Eastside Cafe in a 1920s bungalow in Austin, Texas. Even though they grew harvest-to-table vegetables in Eastside's 1/3-acre organic garden, Barger notes: "I think most people had the same experience that I had with radishes, which was that you got the requisite cafeteria two slices on your salad. They were bitter and pretty much a garnish that everyone pushed to the side."

Then, in 2005, Barger had a radish revelation. At The Girl & The Fig, a restaurant in Sonoma, California, she sampled heirloom 'French Breakfast' radishes dabbled with butter and sea salt. She was amazed by the "most fabulous flavors imaginable; explosions of flavors and crunches, sweetness, and tartness. Just the perfect single bite of food."

Today, radishes in all of their variety feature in Eastside's organic garden. A favorite is 'Watermelon', also called 'Red Meat', an heirloom from China. "I call it the gateway radish, because even people who absolutely

hate radishes love 'Watermelon'. It's a little sweeter than any radish I've ever tasted but still has some heat," Barger says.

Radishes were such a hit that patrons rooted for more of Martin's crudité platters teamed with zesty Anchovy Herb Butter Dip. Barger expanded her radish repertoire to add the diverse flavors and colors of 'White Icicle', 'Easter Egg', and 'Ping Pong'. And, of course, the classic 'French Breakfast' that led to the radish revival.

Planting How-To

Radishes are cool-weather brassicas grown from seed. To avoid bitter harvests, sow seed early enough so that plants mature before temperatures exceed 80°F. Since they're root crops, radishes need loose, well-drained soil in full to partial sun. Barger adds new compost at each sowing, without additional fertilizer. Seeds are small, so sow shallowly, cover lightly with soil, and keep watered until seed germinates. "You can pretty much forget about them after that," says Barger.

Above: The "gateway" radish variety 'Watermelon' makes a beautiful plate of crunchy little mouthfuls. With its green skin and rose red flesh, it's clear how this variety got its name.



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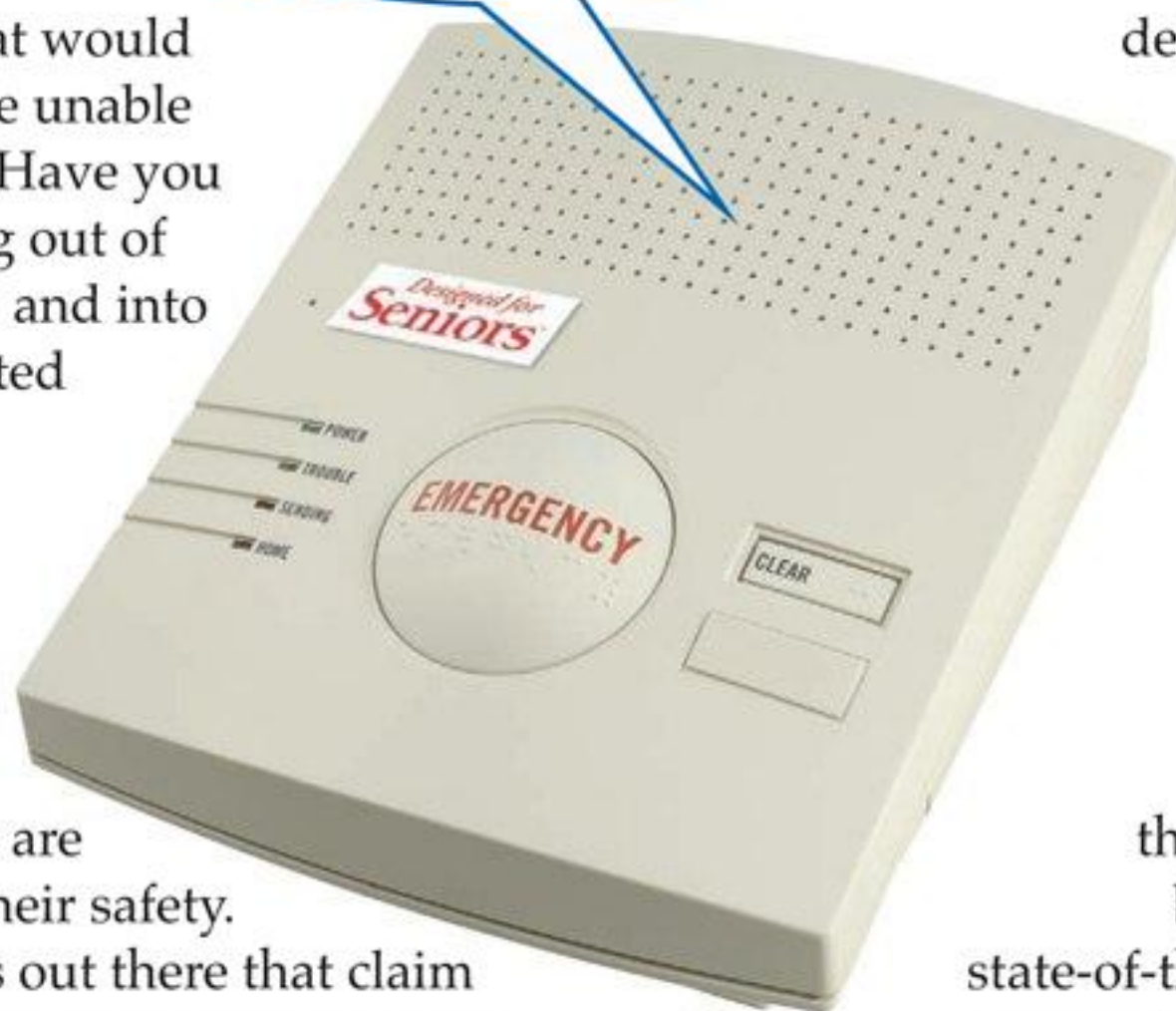
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Anchovy Herb Butter Dip

2 sticks unsalted butter, softened
 1/8 cup fresh parsley, chopped
 1/2 teaspoon lemon zest
 1/4 teaspoon kosher salt
 1 to 2 teaspoons anchovy paste
 Pinch of crushed red pepper
 1/2 teaspoon fresh garlic
 1 teaspoon olive oil

1. Combine the butter, parsley, lemon zest, and salt in a bowl and set aside.
2. Gently sauté the anchovy paste, crushed red pepper, and garlic in the olive oil in a skillet over low heat for 5 minutes, being careful not to brown the garlic.
3. Combine the butter and anchovy mixtures and serve. Keeps covered, in an airtight container, in the refrigerator for up to 3 days. Makes about 1 cup.

Clockwise from top left: Scribing the daily menu on Eastside Cafe's chalkboard lets diners know when radishes are available.

- A plate of radish crudité, served with tasty dipping sauces.
- The homey interior of one of Austin's fabled—and best-loved—eateries.

Thin seedlings according to packet instructions. Radishes are speedy growers (20 to 50 days, depending on variety), and Barger, gardening in Zone 8, repeat-sows from September to March, then sows again in the spot just harvested, renewed with more compost.

Harvesting

"Radishes are neat because they give you a sign when they're ready, and lift up out of the ground. Harvest early for tenderness and sweetness. You don't want to harvest too late; radishes start to split after they've reached peak maturity," Barger advises. Plus, harvesting late leads to pithy or "hot" radishes.

To clean, Barger conserves water and soil by washing on-site. Since she's harvest-

ing gallons, she rigged an old table with a mesh bin. For the home gardener, a colander will do. Barger's first rinse with the hose returns soil and water to the garden. Once the radishes are in Eastside's kitchen, she soaks them briefly in the sink and then gives them a quick rub to remove any specks of grit. To use the leaves, soak them for 5 minutes to let any fine silt particles fall to the bottom of the sink. Drain, dry, and cook.

Dealing with Insects

Flea beetles and aphids can be a nuisance on leaves. Blast off aphids with the hose, if lady beetles or green lacewings don't get them first. Barger doesn't worry about flea beetles that gnaw holes in the leaves. "The damage is cosmetic, so I don't treat for them. I hate to spray anything. Since we sauté our radish greens with collards, kale, bacon, and onions, the holes go completely unnoticed," she says.

Using Radishes

Radishes can be refrigerated for a week or more but are best used as soon as possible.

Barger's latest radish sensation is also simple and lets their crisp freshness shine: She slices them thinly on a mandoline, then tosses the slices in fresh lime juice and a sprinkling of sea salt.

To bring out the natural sugars, roast radishes like any root crop: Halve or quarter them, toss in olive oil with a sprinkle of sugar, and roast at 375°F for 10 to 15 minutes or until fork tender.

For simple pickling, slice radishes uniformly into a jar of apple cider vinegar and a bit of salt. They'll be good for months in the refrigerator. For shelf-stable pickling, do a water bath.

"And do not throw away your radish tops! We love them and serve them at the restaurant. Sauté in just a little olive oil with some onion and bacon. They're delicious," Barger says.

Rather than pushing radishes aside, go radish radical with morsels of flavor packed into dreamy colors to flavor cool weather with savory heat. With such quick harvests, any gardener can serve up radishes in an especially tasty short order. —Linda Lehmusvirta

For more information, see *Find It Here*, p. 83.

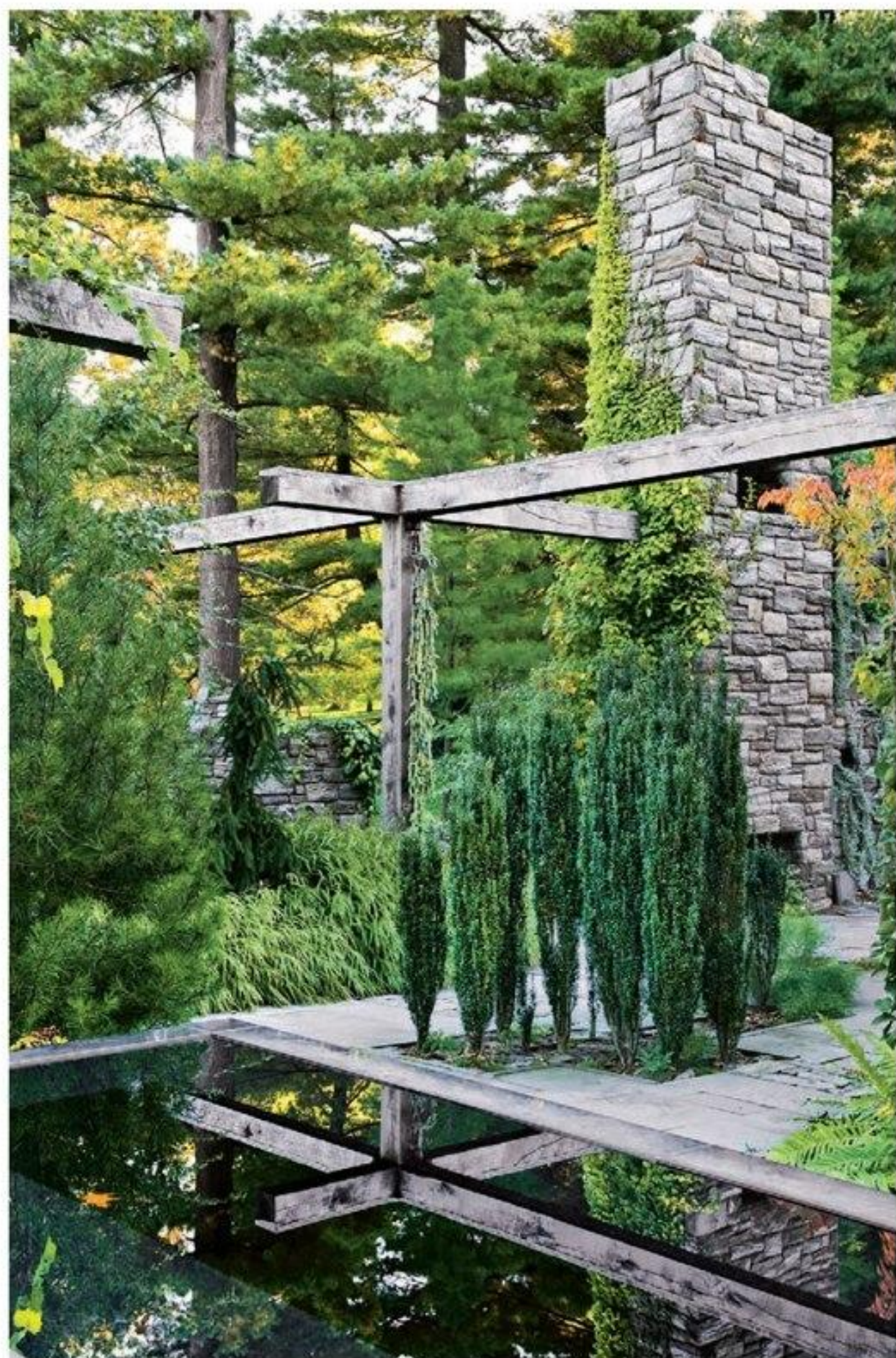


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“Our horticulturists are top-notch, and have strong design backgrounds. So Chanticleer holds lots of inspiration for visitors to take home to their own gardens.”



Garden Art

A public garden near Philadelphia adds craftsmanship to its horticultural repertoire.

America is rich with public gardens that are renowned for their plantsmanship, science, or design leadership, or simply as pleasing destinations for a family day out. Chanticleer, near Wayne, Pennsylvania, adds artistic endeavor to its mix of inspiring design, choice plant collections, and welcoming feel. Once a private garden, now owned by a private foundation, Chanticleer has a tradition of fostering the fine arts in a garden setting. Director Bill Thomas has taken this to a new level, allowing the garden’s horticulturists the same freedom of creative expression in their chosen craft that they enjoy in the garden area for which they are solely responsible.

What makes Chanticleer different from other public gardens?

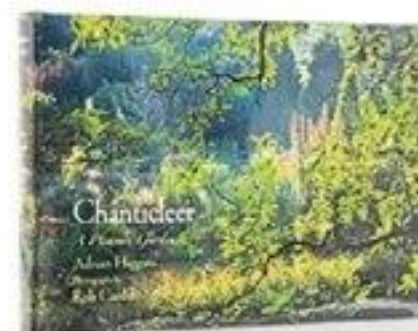
Perhaps what sets us most apart from many other public gardens and other non-profit organizations is that we run it like a private garden. It means that decisions can be made relatively quickly without waiting for committees to decide (and compromise). Also—and key to the success of our mission to present the finest in horticulture—our very talented staff enjoy a lot of creative freedom, something that I’ve maintained by hiring strong people and letting them do their best.

Chanticleer’s gardens seem to be constantly changing. Of course, they’re meticulously maintained, but the creative process seems to be alive and well here. How does that work?

There are eight horticulturists (a.k.a. gardeners), each responsible for the design, plant selection, and maintenance of one area—just as a gardener has his own plot.

Above: *The Ruin* (left) and “soft furnishings” (right) are central pieces of garden art at Chanticleer.

Below: A recently published book about Chanticleer by Adrian Higgins, with photography by Rob Cardillo, is a guide to the garden’s art and craft that make it such a source of inspiration.



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COMMON GROUND

They have a friendly competition with each other, which helps keep them on their toes.

As head gardener and executive director, I have veto power and am also responsible for seeing that the areas all fit together into one unified garden. But because the staff are so highly skilled, my veto doesn't get used much. If a gardener and I don't agree on a direction or design, we discuss it until we come to an agreement. It's a collaborative creative process: Design presentations are simple, using stakes, flags, and garden hoses as props. More complicated designs go on paper.

What about the sculpture, metalwork, and various ornamental structures and architectural enhancements that are such a prominent part of Chanticleer's persona? How are they acquired?

Originally, these were very much mother necessity's children! As you can imagine, in a Pennsylvania garden, winter is a slow time. Some years ago, one of the horticulturists, Doug Randolph, suggested purchasing woodworking equipment. He proposed setting up a wood shop and building furniture. A glider was his first project.

That makes sense! So many gardeners I have met are also artists of one sort or another, and when they can't create with plants and soil, they turn to weaving, potting, painting, photography. Doug picked up a saw! You encourage that here?

Absolutely. For example, Doug loves to create a piece of furniture from scratch, designing it in his head, then on paper, then in wood. Once he's finished, he has no interest in that design again and moves on to a new project. In the late '90s, Berkeley, California, sculptor Marcia Donohue was an artist in residence at Chanticleer. She carved faces, books, leaves, and acorns for an area of the garden called the Ruin. Doug worked with her. They carved leaves from stone, and those can be found in the creek today.



A hand-forged wrought-iron bridge across a stream was one of the first craft projects in the garden.

Apart from taking inspiration from visiting artists, have the gardeners here had any specialist craft training opportunities? Gardeners always seem eager to learn new skills.

A while back, Chanticleer sent the woodland gardener Przemyslaw Walczak to a metalworking class. He designed a wrought-iron fence to secure the area around the waterwheel, giving it a curved top inspired by unfurling fern fronds that surround the area. The curves also repeat the shape of the wheel itself.

Giving gardening advice is a favorite pastime among gardeners. Chanticleer's team is always ready to talk to visitors, but have they shared their craft skills as generously among themselves?

Doug's woodworking inspired horticulturist Dan

Benarcik. Whereas Doug specializes in one-of-a-kind items, Dan figures out how to make a piece of furniture and produce multiple copies. Dan has done a variety of chairs,

including the oversized ones made of black locust currently displayed in the Pond Arbor. This past winter, he worked on an outdoor dining table. Come visit and see if you can find it.

Both Doug and Dan have taught the others woodworking skills: Vegetable gardener Doug Croft assembled 40 coldframe covers, while the Asian Woods gardener, Lisa Roper, carved a bench from a fallen osage orange tree, and Ruin gardener Laurel Voran carved a plant-list box that resembles a shelf fungus. Jonathan Wright, the newest of our gardeners, has taken an interest in concrete and has started molding concrete in the shape of leaves from the garden. We're speculating that there could be a fountain in the offing. —Ethne Clarke

For more information, see Find It Here, p. 83.

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Manuka Honey

Food as medicine

For more than 10,000 years, humans have eagerly consumed honey, originally collecting it from wild bees. Cave paintings in Spain show women gathering honeycombs, using tall ladders to reach the bees' nests and carrying the honey away in baskets. In ancient cultures, people used honey as both a medicine and a food. Egyptian medical prescriptions from 5,000 years ago recommend herbal mixtures with honey for treating a variety of conditions, ranging from headaches to cough, as well as to sweeten other, more bitter remedies, making them easier to tolerate. (Compliance with doctors' orders was an issue even during those times.)

Honey is not only ingested as a medicine but applied topically, as well. Modern scientists studying honey have identified its antiseptic and antibacterial properties, and medical researchers have carried out a small number of preclinical and clinical studies evaluating its effectiveness for wound healing.

One way honey is classified is according to the origin of its floral nectar—by the species of plant from which it was collected. On supermarket shelves, you might find clover honey, orange-blossom honey, lavender honey, and

Modern scientists studying honey have identified its antiseptic and antibacterial properties.

others. One lesser-known honey sold in natural-foods stores or by mail is manuka honey, produced by bees collecting nectar from the manuka tree (*Leptospermum scoparium*) in New Zealand. This small tree is native to New Zealand and southeast Australia and is found growing in dry areas. It is an evergreen species in the myrtle family, a family also known for eucalyptus, cloves, and allspice. The manuka tree has small leaves and bears white or pink flowers.

The honey is gathered from hives placed in areas where the manuka trees grow wild. Manuka honey has a different look and taste than honey derived from other flowers—it is caramel-colored with a distinct flavor, and it does not have the overly sweet smell of regular honey. The texture is thick and rich with a very pleasant aftertaste. Manuka honey has attracted a following of people who attribute a variety of healthful properties to this unusual substance. It is featured in entire product lines, from soap and lip balm to throat lozenges.

The department of biological sciences at the University of Waikato, in New Zealand, is home to the Waikato Honey Research Unit, a group of scientists who are investigating the value of manuka honey for infected wounds. Its website explains that regular honey has antibacterial properties—benefits resulting from the low levels of hydrogen peroxide it naturally contains. Depending on its nectar origin, the antibacterial activity of honey can vary a hundredfold. Manuka honey is unique in that it contains high levels of nonperoxide antibacterial compounds, allowing it to heal wounds better than honeys containing peroxide. Products sold as “active” manuka honey should contain a greater

Manuka honey has been popular for years in New Zealand and Europe. Aside from its various medicinal purposes, it is delicious on toast and in tea. Manuka honey producers are now exporting to the United States, hoping it will gain the same popularity that it has at home and abroad.





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"I saw remarkable results achieved by patients applying manuka honey as treatment."

concentration of these nonperoxide antibacterial compounds and thus be more powerful for this purpose. To consistently measure these nonperoxide antibacterial compounds, the research unit developed an activity rating for manuka honey (known as Unique Manuka Factor, or UMF) on a scale ranging from 12 to 18, with the highest score having the most powerful antibacterial activity. The UMF factor for an individual manuka honey brand can be found on the brand's website and often on its label.

Stephen Dahmer, M.D., family medicine attending physician at the Continuum Center for Health and Healing at the Beth Israel Medical Center in New York City, notes his experience with manuka honey: "As a physician practicing in Whanganui (a district on the North Island of New Zealand), I saw remarkable results achieved by patients applying manuka honey as treatment for leg and skin ulcers, diabetic ulcers, pressure sores, wounds, and rashes, some of which were formerly unresponsive to other traditional medical treatments."

Less research has been done on manuka honey as an ingestible treatment, although manufacturers claim that its antibacterial properties help cure the causes of sore throats, colds, and ulcers. While such statements are anecdotal and not scientifically tested, there is agreement that manuka honey is delicious, so with the exception of a honey allergy (or for children younger than 12 months, who should not be fed honey), the worst that can come from trying it is the enjoyment of a nice snack.

Manuka honey is an unusual form of this sweet food, with evidence of medicinal properties. However, in medicine, skeptics abound, and what is needed are scientifically rigorous clinical trials to determine its value in improving human health, particularly for conditions where this gentle food might be preferable to another type of therapeutic intervention. —*Michael J. Balick, Ph.D., Director, Institute of Economic Botany, New York Botanical Garden*

For more information, see Find It Here on page 83.

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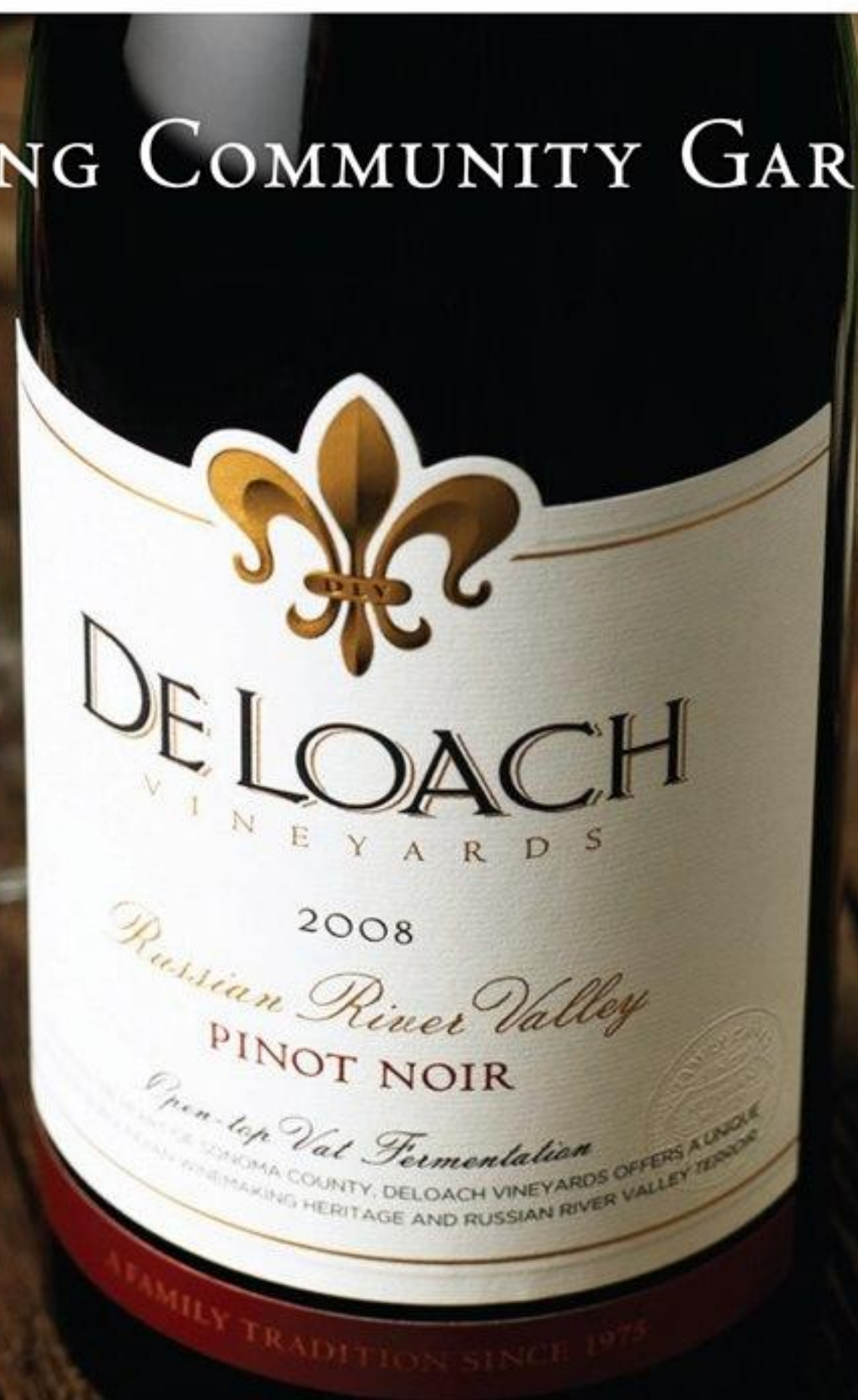
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Fragrant, trouble-free rugosa roses are a natural choice for organic gardeners.



By Wes Hunsberger ~ Photography by Cameron Sadeghpour



When the joy of growing roses turns into the frustration of tending the leafless sticks that most roses become in late summer, it's time for a new approach to rose gardening. Rugosa roses give gardeners the pleasure of recurrent and fragrant blooms with clean, healthy foliage, as well as a more effortless gardening experience. After years of fiddling with an assortment of finicky hybrid tea, shrub, and old-fashioned roses, I have switched to rugosas with happy results. Now I wouldn't consider my garden complete without the repeating and highly scented blooms, fall foliage, and colorful hips and canes found in these roses.

'Henry Hudson' displays the heavily textured or "rugose" leaves that are typical of Rosa rugosa hybrids. Opposite: 'Martin Frobisher'.



***Above and right:** Tapered buds of 'Thérèse Bugnet' fade to rosy pink flowers with a frill of yellow stamens. **Below:** 'Souvenir de Philémon Cochet' is a French introduction from 1899. Its outer petals open flat around a center of smaller, crumpled petals, sometimes with a faint tinge of pink.*



Care for rugosa roses
could not be easier.
They need no sprays or fertilizer
to bloom and stay healthy.



Rugosa roses—selections and hybrids of the species *Rosa rugosa*—are recognized by their distinctively wrinkled (rugose) foliage. While most rose foliage is smooth (if it's not blighted by black spot, mildew, or other diseases), rugosa foliage is heavily textured and impervious to almost all of the usual ailments that affect roses. The leathery leaves of most rugosa varieties transition in fall to golden yellow, burgundy, burnt orange, russet, or a combination of colors—an uncommon trait among roses. The brilliance of fall foliage depends in part on the variety, but weather conditions also play a role and can alter the colors from year to year.

You may already be familiar with rugosa roses from their decorative hips. Rose hips are seed capsules that are formed after the bloom is spent. While some roses are sterile and cannot set hips, many rugosas produce large and colorful hips; the cultivars 'Hansa', 'Frau Dagmar Hartopp', and 'Scabrosa' are standouts. Hips may be shaded deep cherry through tomato red, yellow, or apricot. To obtain more flowers through the summer months, clip the spent blooms from the shrubs at the sacrifice of the first or second crop of hips. But be sure to stop deadheading in late summer to let hips form in the fall, when they will combine with the noted fall foliage for a spectacular display.

Rose hips provide eight times the vitamin C of oranges, according to the USDA National Nutrient Database. They can be used to make jam or jelly or to flavor tea; in Sweden, they are used to flavor soup. Although I have not tasted my

rugosa hips (I leave them on the shrubs for the maximum amount of color), several gardeners report detecting a flavor similar to that of apples, unlike the more metallic taste of hips from other rose species.

Rugosas grow as dense shrubs with thick, prickly stems. Some varieties sucker to form a spreading, impenetrable colony, making them good barrier plants. Even in winter, rugosas are a decorative garden asset. Some varieties are known for colorful canes that are more notable after the foliage has dropped. There are purple canes ('Martin Frobisher', 'Basye's Purple') and red canes ('Thérèse Bugnet' and others).

Care for rugosa roses could not be easier, as they do not require particular soil conditions. Choose a sunny site in the garden with 6 hours or more of direct sun, and you will be rewarded with plenty of blooms.

(continued on page 42)

Right: 'Thérèse Bugnet' boasts many rugosa attributes: old-fashioned flower form, fragrance, repeat bloom, healthy foliage, pleasing fall color, and extreme hardiness.





Recommended Rugosa Roses

- **Rosa rugosa var. alba.** Single pure white blooms with typical spicy fragrance, followed by orange hips; almost always in bloom.
- **'Basye's Purple'.** Striking single wine red blooms with purple stamens; unusual dark purple canes.
- **'Blanc Double de Coubert'.** Double sparkling white blooms; rich, somewhat fruity perfume.
- **'Fimbriata'.** Small semidouble flowers, mainly white with a pale pink blush; the petals are fringed like a dianthus blossom.
- **'Jens Munk'.** Semidouble rich pink flowers; a hardy Canadian rose.
- **'Henry Hudson'.** Semidouble white blooms from pink buds; a small shrub rose.
- **'Martin Frobisher'.** Pale pink double flowers; another Canadian rose, striking in winter with purple canes.
- **'Moore's Striped Rugosa'.** Double blooms, raspberry purple striped with white; harder to locate in nurseries but well worth the effort.
- **'Mrs. Doreen Pike'.** Warm pink blooms packed with frilly petals; developed by David Austin.
- **'Rose à Parfum de l'Hay'.** Semidouble crimson-purple flowers; one of the most fragrant roses ever produced.
- **'Souvenir de Philémon Cochet'.** Fully double blooms are packed with pristine white, ruffled petals, sometimes with a blush of pale pink; intoxicating scent.
- **'Thérèse Bugnet'.** Double rose-red blooms fading to pink; very hardy with colorful red canes and a sweet scent.
- **'Topaz Jewel'.** Semidouble light yellow blooms; a smaller shrub than many other rugosas.

Clove-scented 'Henry Hudson' forms a dense 4-foot shrub and is ideal for an informal hedge or mass planting. The white flowers repeat through summer and into fall.

(continued from page 39)

Rugosas do not have to be sprayed to prevent black spot and other foliar diseases or to keep away the usual insects that prey on roses. In fact, most sprays formulated for other types of roses will cause rugosas to drop their foliage. The only spray I use in my garden is Safer Insect Killing Soap to control tiny green sawfly larvae, also called rose slugs, which skeletonize leaves. But there have been years when I have been too busy to spray my rugosas, and the roses have done fine, although they may have looked a little the worse for wear in June, when these pests seem to be at their strongest. And fertilizing is not a requirement for these effortless shrubs. I sometimes apply an organic water-soluble fertilizer before the big display of blooms in June, but you by no means need to do this. There have been seasons when I never fertilized, and I was still rewarded with many blooms and healthy roses.



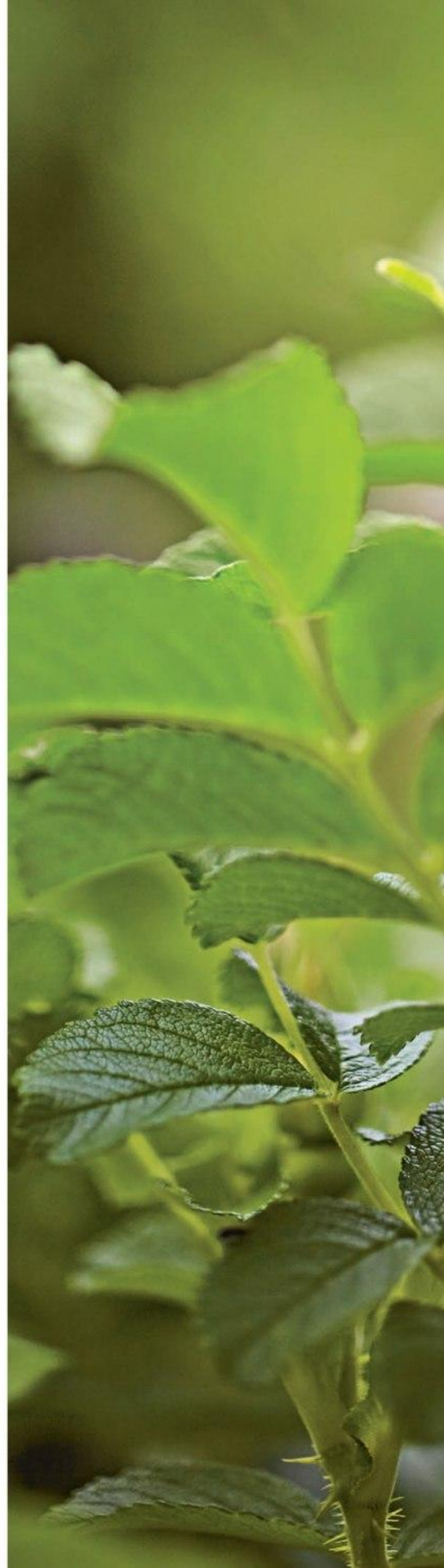
If you have a garden near the sea, where most roses do not do well because of wind and salt spray, do not despair. Rugosas survive and even thrive in coastal conditions. Their tolerance for salt also helps them survive in parking strips close to the street where plants are apt to get a dose of road salt in winter.

Remarkable winter hardiness has made rugosas popular among northern gardeners. As *Rosa rugosa* is native to cold coastal areas of China, Japan, and Manchuria, many of its hybrids—including several bred in Canada—have the fortitude to survive winters as far north as USDA Plant Hardiness Zone 2. As a rule, the hardiest rugosas are those with white, pink, or red blooms. Rugosas with yellow ('Agnes'), peach ('Vanguard' or 'Dr. Eckener'), or bicolor flowers ('Rugelda') are less hardy, and northern gardeners will have more winter kill to remove on these varieties in spring. Also, if you are wondering about the hardiness of rugosas with French names, many well-known varieties were developed in France around 1900 by Cochet-Cochet, Gravereaux, and other companies. Don't let the French names put you off these rugosas, as I have found them to be as hardy as those developed in Canada.

Rugosa roses have many sterling qualities to recommend them. Flowers produced by these hardy and carefree shrubs will delight you with their spicy perfumes—some of the strongest and sweetest scents found in roses. The old-fashioned shapes of the double varieties are lovely, and the colors found in rugosas in fall and winter are a welcome addition to the garden. Give rugosas a try, and see for yourself how their remarkable beauty comes without the typical problems of other roses. •

For more information, see Find It Here, p. 83.

Left and right: *Rosa rugosa* var. *alba* bears silky white blooms on prickly stems. Expect showy orange-red hips and yellow foliage in autumn.





Their spicy perfumes
are some of the
strongest & sweetest
scents found in roses.



***Above:** Although many rugosas are self-cleaning—petals of spent blooms drop freely to the ground—the ruffled blooms of ‘Martin Frobisher’ tend to age in place and must be snipped off to tidy the shrub. **Below:** The remarkable fragrance of ‘Rose à Parfum de l’Hay’ outweighs this rose’s weakness: It is more prone to foliage diseases than other rugosa hybrids.*

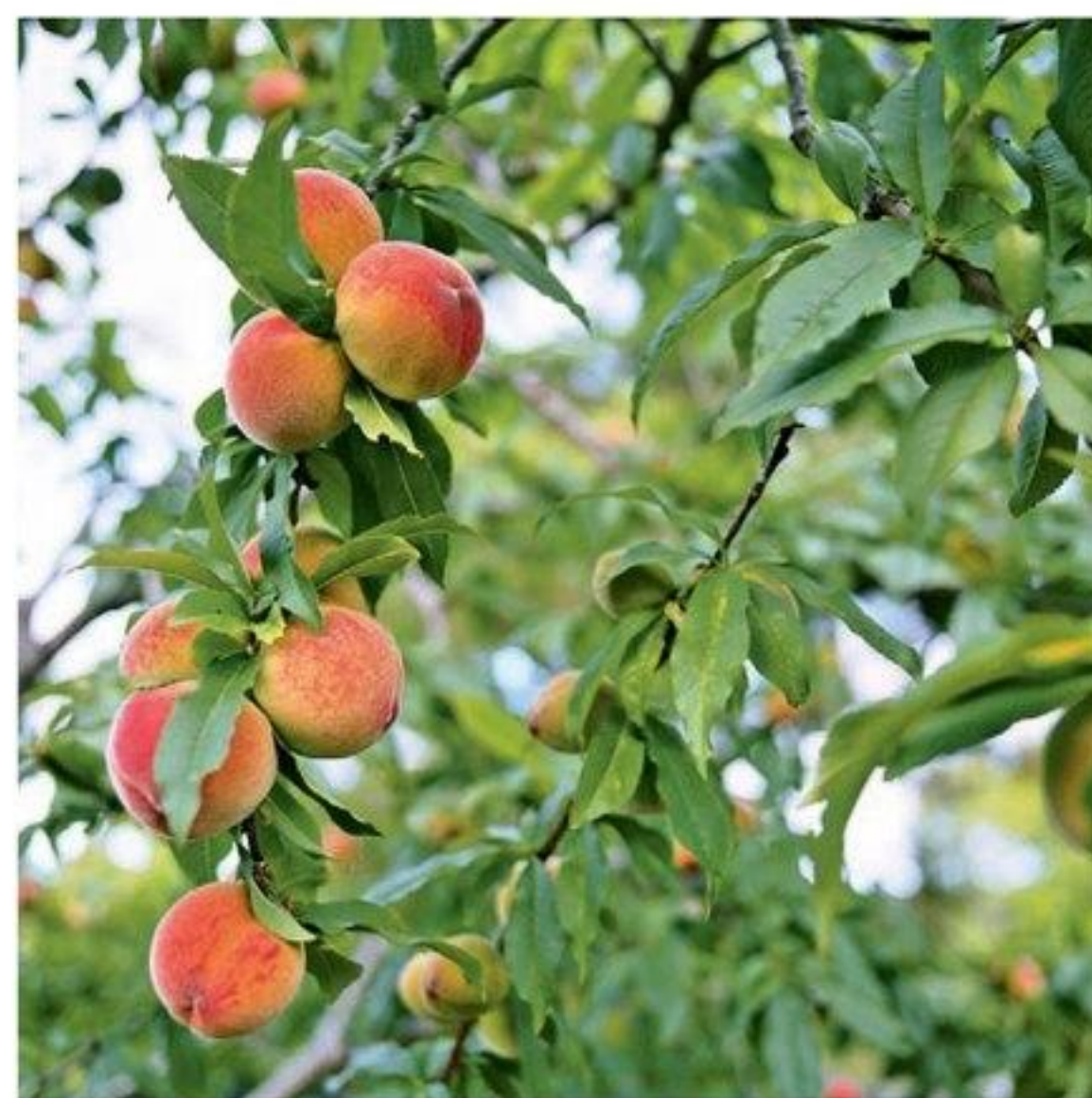
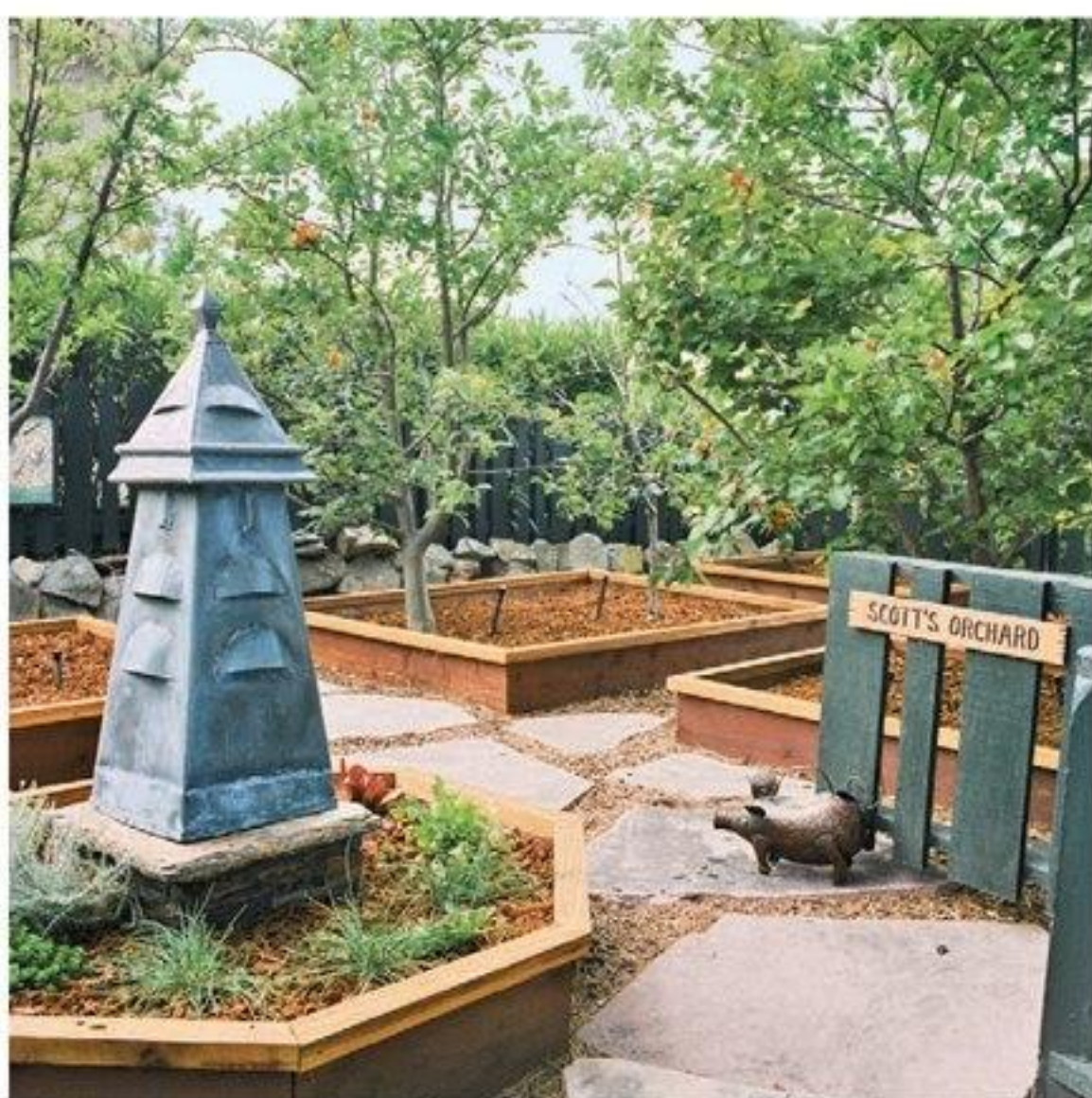
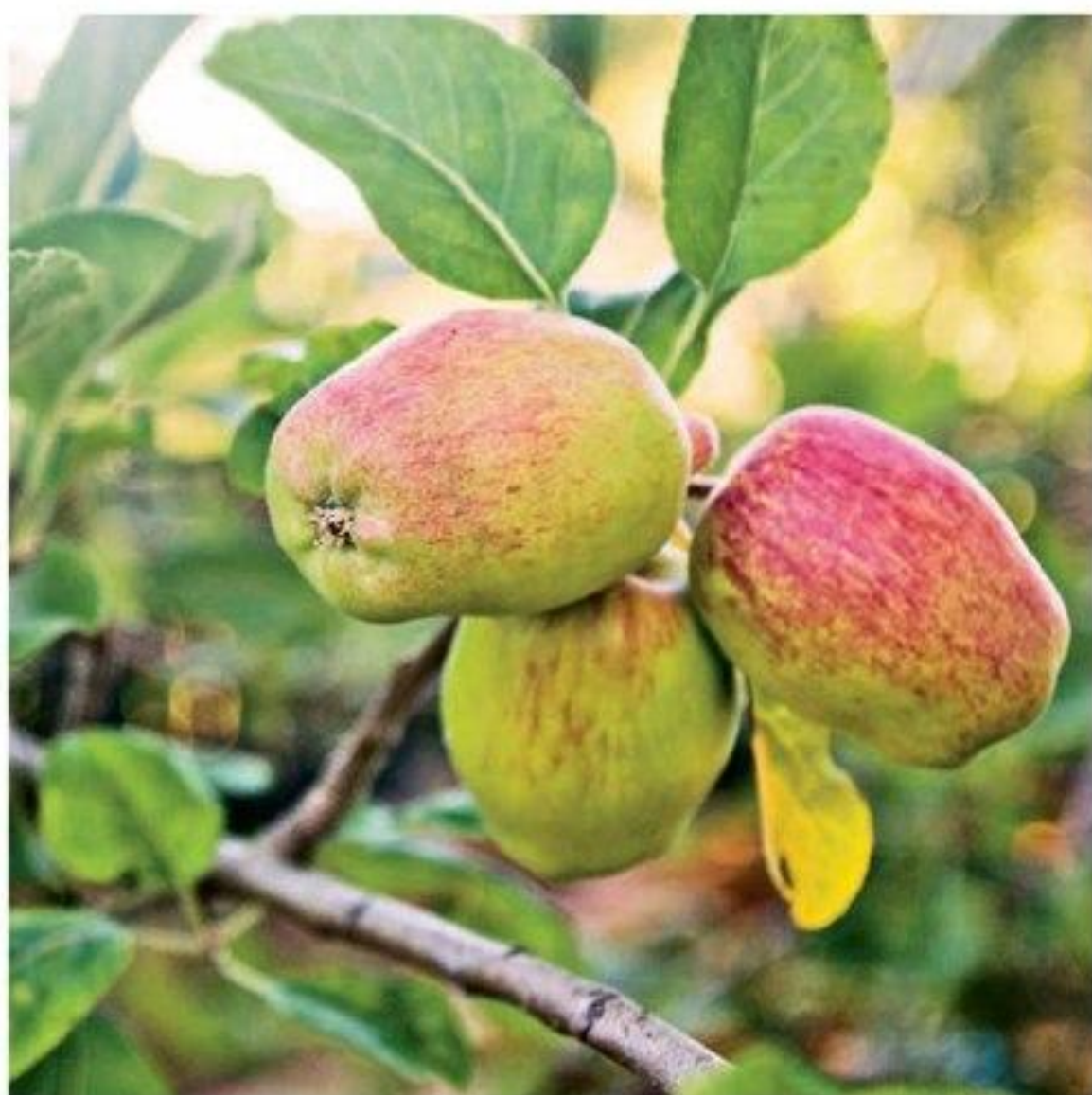




a present planted for the future

This California fruit garden makes a creative impression.

By Nan Serman ~ Photography by Liz Lantz



Interior designer and garden enthusiast

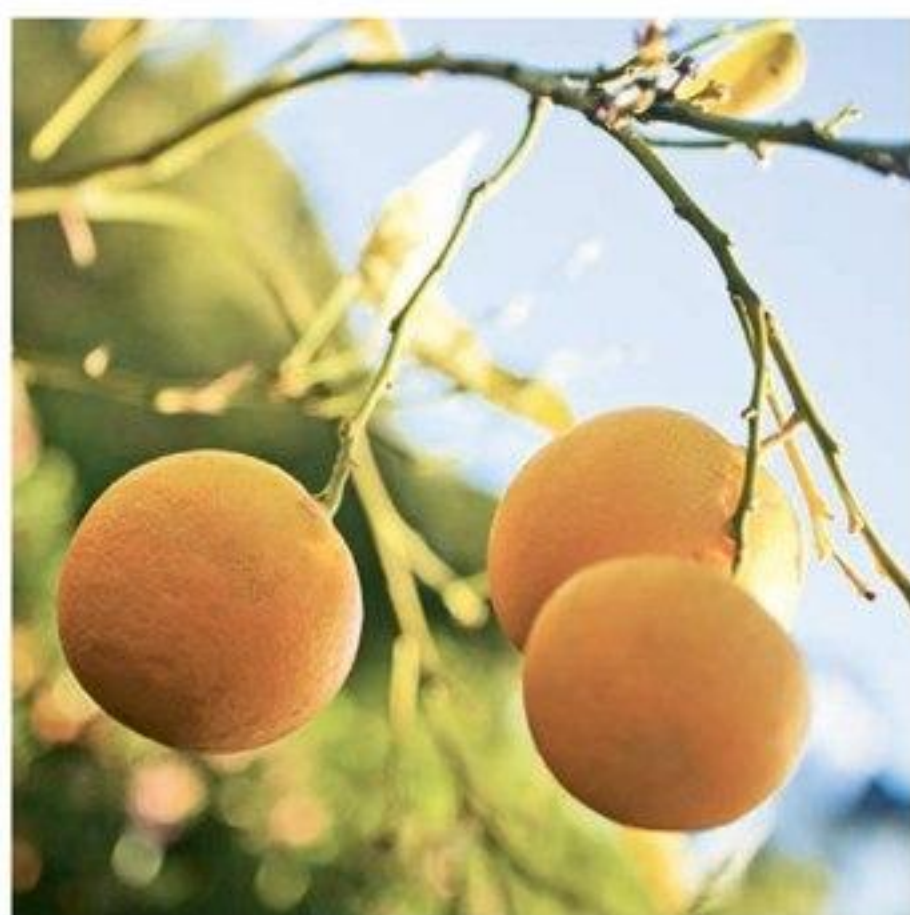
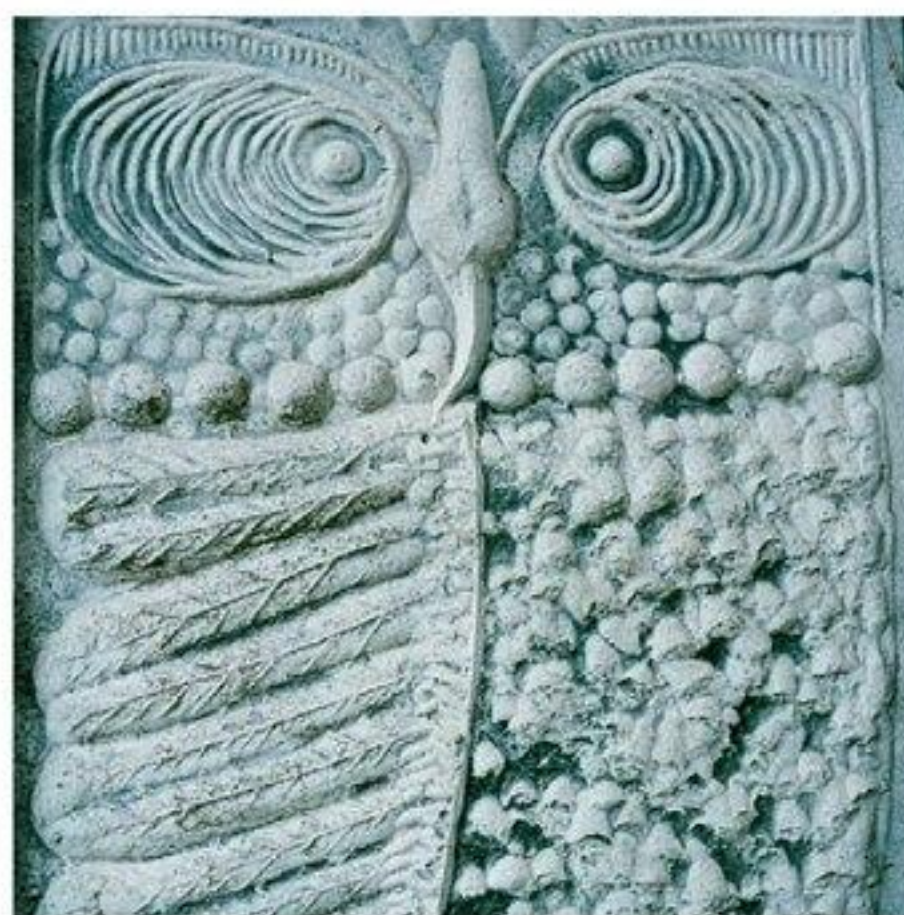
Betsy McClendon had an ambitious and creative plan for her husband Scott's 65th birthday gift: an orchard of mixed fruit trees planted in a corner of their 1-acre La Jolla, California, property. It would be installed while the couple celebrated with their grown children over a weekend getaway, and Scott, a high-tech entrepreneur, would know nothing about it.

Over champagne, Betsy presented him with her watercolor depiction of the plot. "He couldn't figure out why there were fruit trees, because he recognized the spot and knew there was nothing there," laughs Betsy. "Then our son Philip and daughter-

in-law Katie presented him with a list of fruit trees and a hand-carved sign that reads, 'Scott's Orchard.' It took some convincing, because he didn't believe me. But when we got home, I said, 'Take a look.'"

"There it was, the same old corner, but totally transformed," says Scott, his voice still tinged with disbelief 8 years later. His family knew how he longed for a fruit orchard like the one his father had kept, with cling peaches, strawberries, and other produce to supplement their diet during the privations of World War II. Ever since, Scott had nurtured the dream of having his own orchard.

Above, clockwise from top left: Apples, citrus, peaches, and other fruits thrive in the raised beds built to improve the site's heavy clay soil. An herb garden accented with an old zinc roof vent greets visitors at the orchard's entrance. **Opposite:** Scott and Betsy McClendon in their orchard.



Reclaiming the Past

The McClendons' house dates from the 1930s, and when they purchased it in 1978, it was "a rundown hopeless heap of a house," with gardens choked in ivy and the ocean view obliterated by dense overgrowth. A look at photos following 30 years of improvement reveals its transformation from wreck to refined sophistication—not least because of the couple's creative flair in tying together their craft and reclamation skills, both inside and out. As they removed layers of overgrown vines and shrubs, they uncovered the bones of the garden's previous life: rustic stone walls, terraces, a fountain, even built-in stone benches.

Now, decades later, the McClendons' property is stunning. Their aesthetic fuses English and Asian decorative touches with California style. The garden is large, so upkeep is never-ending, but there is nothing this professional couple enjoy more than getting "tired and dirty" from working in their garden.

Fruits of Their Labors

Even after several decades of horticultural experience, the garden still offered challenges. Shade and roots

from pine trees, combined with heavy clay soil, were the problems, according to landscape contractor Gary McCook of Brown Thumb Landscape Construction. Furthermore, clay is not the best soil for fruit trees.

"My advice is to stick with stone fruits if you're on clay," McCook says. "They can handle slow-draining soils." Citrus and avocado trees, on the other hand, want better drainage. So McCook plants them in raised beds filled with a well-draining soil mix—in effect, creating large planter boxes for the trees' root zones. On the McClendons' property, McCook's crew installed 6-foot-by-6-foot raised redwood beds filled with a decomposed granite-based topsoil, centered on a smaller bed to hold herbs.

Today, Scott's orchard features citrus, stone fruits, apples, grapes, and herbs. The earliest spring fruits are peaches, followed by apricots. Then comes the first crop of citrus, although oranges and grapefruits ripen year-round in the mild coastal climate. There are several apple varieties, each ripening at a different time. So the harvests span nearly 3 months. Remarks Betsy: "There's more than we can deal with as it all comes in. What we can't eat, we give to friends."

Above left, clockwise from top left: An Asian-style red bridge accents a water garden below "Scott's Orchard." Betsy brought the owl sculpture from the couple's first house; she made the bird mosaic when she was 12. Both hang in the orchard. Citrus ripens year-round in the mild coastal climate. Above right: The 1-acre garden mingles Asian, English, and California design styles.



All this abundance comes from a space that is roughly 20 feet by 40 feet. Which also means that keeping the trees from outgrowing the space is an ongoing task. “We don’t prune as much for the health of the tree or increased fruit production,” Betsy explains, “as we do simply to be able to walk through the orchard and tend to the trees.” Beyond that, they fertilize with bone meal and blood meal, and the only pesticide used is organic insecticidal soap.

The larger challenge is pruning the surrounding hedges and towering pines to allow enough light into this area. That work requires professional arborists with heavy-duty equipment.

Lasting Memories

The picket fence that was built atop the vintage low stone walls that surround the little orchard became an opportunity to accent the space

with unique and personal artwork. On one side of the fence hangs a tile mosaic of birds at the beach. Betsy made it as a child, and it hung in her parents’ home for years. A salvaged zinc roof vent marks the center of the herb garden. It looks so sculptural and at home amidst curry plant, thyme, basil, and chives that one would never guess its prior life. And so the fruit garden became a memory holder for both of the McClendons.

On its gate hangs the birthday gift from the McClendons’ son and daughter-in-law: the sign that proudly announces “Scott’s Orchard.”

“This fruit garden is such a long-term, meaningful gift,” say Scott. “It means so much to me that Betsy took the time and effort to think it through, to create this oasis.” It is not only a creative expression of a couple’s shared joy of gardening, but truly a gift that keeps on giving. •

Fruits in the McClendon garden:

- ‘Pixie’ tangerine
- ‘Blenheim’ apricot
- Three-way grafted apple: ‘Golden Dorsett’, ‘Anna’, ‘Red Fuji’
- ‘Anna’ apple
- Champagne grapes
- Valencia orange
- ‘Oro Blanco’ grapefruit
- ‘Santa Rosa’ plum



unripe for the taking

Red tomatoes are richly rewarding, but their younger, greener counterparts are equally endearing for their tart flavor and surprising versatility.

By Denise Gee ~ Photography by Robert M. Peacock

*"Greenies" are unripe tomatoes and a staple of southern home cooking. **Opposite:** Sliced, a greenie displays the hint of pink that gives the young tomato a touch of sweetness to tickle even the most fickle northern palate.*

LIFE WAS OFTEN MADE IN THE SHADE

at our Natchez, Mississippi, home, but not when it came to growing tomatoes. Because of the street-front siting of our Victorian enclave, most of the casual planting was relegated to the back yard. There, rain trees towered above fig trees as thick as thieves. The diffused light indeed had its charms, but the sun's lack of direct reach had a major downside: We were left pining for tomatoes.

We did nurture a few scrappy tomato plants each season, but the fruits of our labor wound up enough for only a salad or two. Frankly, that was fine by me: Back then, I didn't like eating what I considered "raw" tomatoes; I only liked trying to coax them into existence alongside my grandmother, Nannie. And thanks to the wily squirrels with which we competed, the tomatoes we did manage to nab were small and green—never big enough to respectably slice and fry (the form I most favored).

For a tomato fix, nearly every Sunday, Nannie and I would head to the house and country garden of Mrs. Tatum, a lady blessed with the true riches of our hearty sun and soil. We'd drive up the gravel road in our old land barge—barking dogs bobbing alongside us like dolphins astride a boat. Mrs. Tatum would peer out from behind her front porch's screened door, nodding us a welcome and chiding her furry, scrappy "boys" to hush all their nonsense. Soon, all of us would be traipsing through the dewy, tall grass that blanketed the land around her garden.

In a picket-fenced spot, stalwart tomato vines surrounded by towers of chicken wire harbored the most beautiful tomato plants I've still yet to see (or at least my memory has committed it to be so). I'd unfold a couple of paper bags from the Jitney Jungle supermarket, and Nannie would take on the look of a child who had the run of a candy store. After thoughtful inspection, she would select a few of the weightiest, rubiest gems, instructing me to place them carefully in one bag before

we'd move on to the ones she called "greenies"—and I called good eating. (Then, as now, I'd eat newspaper if it were coated in buttermilk, flapped around in cornmeal and flour, and fried up in bacon grease. Back then, frying them just made better sense than fretting much over their seedier-looking red-faced cousins.)

Back home, I'd pull up a stool and watch Nannie slice the green tomatoes for frying in her jet

black, pockmarked skillet. I see her near a large kitchen window, holding up a slice with the most intricately laced interior. "Notice that blush," she'd say, reminding me on more than one occasion that tomatoes ripen from the inside out. "That hint of pink gives them a little sweetness." We'd fry a few platefuls for the late afternoon dinner, letting the piping-hot tomato cakes de-sizzle atop the same bags in which they'd been brought inside.

Typically, we'd eat the slices with only a squeeze of lemon, and often alongside black-eyed peas or lima beans, pork chops or smothered chicken. Sometimes we'd add a dab of homemade mayonnaise atop the slices or, if company was coming for lunch, maybe some dollops of shrimp salad.

I don't eat fried green tomatoes nearly as much as I used to, but I will forever cherish them. As an adult, I find there's nothing lovelier than a sun-warmed, earthy-sweet, cool, beautiful tomato—in any color or variety. I've branched out to savor their culinary charms in numerous ways, but I relish introducing friends to the pleasures of the green version—sliced and grilled; fried and added to BLTs; chopped up in fruity salsa; blended into ice-cold gazpacho or warm curried stews; mixed into bread, or even dessert.

Like Nannie, I wear that same childlike look of hers—in this case, though, as I wander through the Dallas Farmers Market each summer weekend. In my mind, and my kitchen, greenies will always be the epitome of summer. Of my youth. And of joy. •



“I’d pull up a stool and watch Nannie slice the green tomatoes for frying in her jet black, pockmarked skillet.”

Peachy Green Tomato Salsa

This lovely mix goes well with fish, chicken, or pork—or simply served solo. The sweetness of the peaches balances beautifully with the green tomatoes’ tartness.

3 cups chopped firm green tomatoes
2 cups chopped ripe peaches
½ to ¾ cup sliced green onions
⅓ cup olive oil
2 tablespoons white wine vinegar
3 tablespoons minced fresh cilantro
2 tablespoons freshly squeezed lime juice
1 tablespoon hot pepper vinegar
1 tablespoon honey
½ teaspoon salt, or to taste

1. Stir together the tomatoes, peaches, green onions, olive oil, white wine vinegar, cilantro, lime juice, hot pepper vinegar, honey, and salt.

2. Cover and chill at least 1 hour before serving.

Makes about 6 cups



Mean & Green

Just because a tomato is green, that doesn’t mean it’s fit for frying. Heirloom varieties such as ‘Tasty Evergreen’ and ‘Green Zebra’ are bred to stay green even after maturity. Make sure any green tomato is firm and unripened before attempting to immerse it in hot oil (otherwise you’ll get battered mush). Papery-husked tomatillos, or Mexican green tomatoes, are also fry-able, but their flavor can be bitter-tart (an attribute that might work when tempered with a soothing sauce to balance it).

Old-Fashioned Fried Green Tomatoes

Add a squeeze of fresh lemon juice if so inclined. Or better yet, serve them with my Righteous Remoulade Sauce.

3 medium-sized firm green tomatoes, cut into ¼-inch slices
½ cup buttermilk
½ cup corn flour or all-purpose flour
½ cup finely ground cornmeal
½ teaspoon freshly ground black pepper
½ teaspoon garlic powder
¾ teaspoon salt, plus more for sprinkling on tomatoes
2 cups vegetable or peanut oil

1. Lay the sliced tomatoes in shallow baking pan(s) lined with paper towels. Sprinkle them with salt (to help pull water out of the tomatoes) and let them sit about 30 minutes, turning them midway through.
2. Pour the buttermilk into a shallow dish.
3. In a medium-sized bowl, combine the flour, cornmeal, pepper, garlic powder, and ¾ teaspoon salt. Dip the tomatoes into the buttermilk; then dredge them in the seasoned flour-cornmeal mixture. Set aside on a large platter.
4. In a large skillet, heat the oil over medium-high heat to 370°F. (We suggest using a fry thermometer for best results.)
5. Deep-fry the tomatoes in batches (being careful not to crowd them in the skillet) until golden brown. Keep warm until ready to serve. Sprinkle, if desired, with a little more salt while the tomatoes are hot and serve immediately.

Serves 4 to 6



Righteous Remoulade Sauce

This spicy, creamy sauce is often served alongside fried green tomatoes down South. Up the flavor ante by adding boiled, sautéed, or grilled shrimp to it.

1 cup mayonnaise
2 tablespoons Creole or whole-grain mustard
2 tablespoons ketchup
½ cup finely chopped green onions
2 tablespoons finely chopped parsley
2 tablespoons finely chopped celery
2 garlic cloves, minced
1 teaspoon prepared horseradish sauce
1 teaspoon paprika
1 teaspoon hot sauce

Whisk together all ingredients. Cover and chill 1 hour.

Makes 1½ cups

From Southern Cocktails, by Denise Gee (Chronicle Books, 2007); used with permission.

Fried & True

- Avoid frying smaller green tomatoes, which tend to be bitter in flavor.
- Add a tablespoon of bacon grease to amp up the frying oil's flavor.
- The best frying oil is one that can take high heat (400°F+), helping to quickly seal the coating and keep the slices from soaking up too much oil. Canola and peanut are my favorites.
- Some favor an egg wash for fluffing up crusts, but I find it promotes burned exteriors.
- A buttermilk soaking helps a crust stick to the tomatoes; without it, you'll wind up with rustic, less evenly coated slices (which sometimes have their own charms).
- In cool northern climate zones, green tomatoes are most popular in September or October, at the end of tomato-growing season; by then in the sultry South, the vines are burned out by intense summer heat. Also in the North, slices are typically dusted with self-rising flour before frying, while in the South, cornmeal or corn flour rules.
- If you can think to do so, chill tomato slices overnight on thick layers of paper towels to help drain away water. This will help the fry coating to stick.
- Slice tomatoes ¼ to ½ inch thick. Thinner slices always seem to be a good idea until you watch them disintegrate in the bubbling oil.
- Some people add sugar to a coating mix to counteract the tomatoes' tartness. Bless their hearts.
- Add breadcrumbs or panko crumbs for unexpected textures and flavor.
- Fry tomato slices in shallow, hot (but not smoking) oil, always in a heavy iron skillet (to harbor the high heat), to help golden crusts form on the bottom of each slice.
- Keep fried tomato slices warm on a raised rack fitted within a baking pan in an oven heated to 250°F. They'll keep there for about 30 minutes (but the longer they're there, the more prone they are to losing their crispness).

Sweet Green Tomato Pie

This dish, from chef Emeril Lagasse, tastes amazingly like apple pie, which makes life even sweeter when you can let others in on the surprise. What a fun, unexpected way to use an abundance of green tomatoes.

1 Sweet Pie Crust (recipe follows)
¾ cup packed light brown sugar
½ cup plus ½ teaspoon granulated sugar
6 tablespoons all-purpose flour
1 teaspoon ground cinnamon
⅛ teaspoon salt
⅛ teaspoon finely ground white pepper
4 cups finely chopped green tomatoes (about 4 firm green tomatoes)
1 tablespoon fresh lemon juice
2 tablespoons unsalted butter, cut into pieces
2 teaspoons heavy cream

1. Preheat the oven to 425°F.
2. Make the piecrust and let it rest in the refrigerator for at least 30 minutes.
3. Place one half of the dough on a lightly floured surface and roll out to an 11-inch circle, about ⅛-inch thick. Transfer to a 9-inch pie pan. Trim the crust with scissors or a sharp knife to within ½ inch of the outer rim.
4. In a large bowl, mix together the brown sugar, ½ cup granulated sugar, flour, cinnamon, salt, and pepper. Sprinkle 2 tablespoons of the flour mixture across the bottom of the prepared piecrust.
5. Add the tomatoes and lemon juice to the bowl with the remaining flour mixture and toss to coat. Spoon the tomato mixture into the pie shell and dot with the butter.
6. Roll out the remaining crust on a lightly floured surface. Slice into 1-inch strips to place decoratively or place whole pastry on top of the tomato filling (cutting ½-inch-long vents in a decorative pattern). Tuck the overlapping crusts into the pan, forming a thick edge. Crimp the edges to seal.

7. With a pastry brush, brush the top of the crust with the cream, and sprinkle with the remaining ½ teaspoon of sugar.

8. Bake for 15 minutes (shielding edges as desired); then reduce the temperature to 375°F. Bake until the crust is golden brown and the filling is bubbly, 35 to 40 minutes.

9. Remove from the oven and cool on a wire rack for at least 1 hour before serving.

Makes 1 (9-inch) pie



One of the more unusual recipes for green tomatoes, and one that makes good use of early abundance from the garden, is Sweet Green Tomato Pie. Try it with homemade vanilla bean ice cream or a 50-50 mix of plain yogurt and whipped cream. It's light and meltingly lovely.

Greens Keeper

- You may not immediately see green tomatoes at the farmers' market, but that doesn't mean they're not available. Sometimes they're being stored elsewhere or can be brought in the next day or weekend. Supermarkets sometimes keep them behind the scenes, so don't hesitate to ask a produce manager. Many supermarkets purchase tomatoes in the green stage and store them during the ripening process.
- The best green tomatoes for eating are large (10 to 16 ounces), smooth, well-rounded, and shoulder-free. Think 'Carmello', 'Floramerica', 'Jet Star', 'Mountain Delight', 'Mountain Pride', and 'Supersonic'.
- To maintain the best flavor and greenness, store freshly picked tomatoes in a single layer in a cool place in your home (maybe a cellar or pantry) and always out of direct sunlight (which will ripen them in no time). They can be refrigerated, but over time this will cause them to lose flavor and become mushy.
- Full-sized green tomatoes—heavy, with just a hint of give to their exteriors—are ideal for frying or broiling. Smaller, younger ones, with condensed flavor and more crispness, are most often used as an ingredient of sprightly relishes or sauces.

Sweet Pie Crust

8 ounces all-purpose flour,
about 1½ cups plus 2 tablespoons
1 tablespoon granulated sugar
½ teaspoon salt
1 stick cold unsalted butter,
cut into ¼-inch pieces
2 tablespoons solid vegetable
shortening
3 tablespoons ice water

1. Sift the flour, sugar, and salt into a large bowl. Using your fingers, work in the butter and shortening until the mixture resembles coarse crumbs.

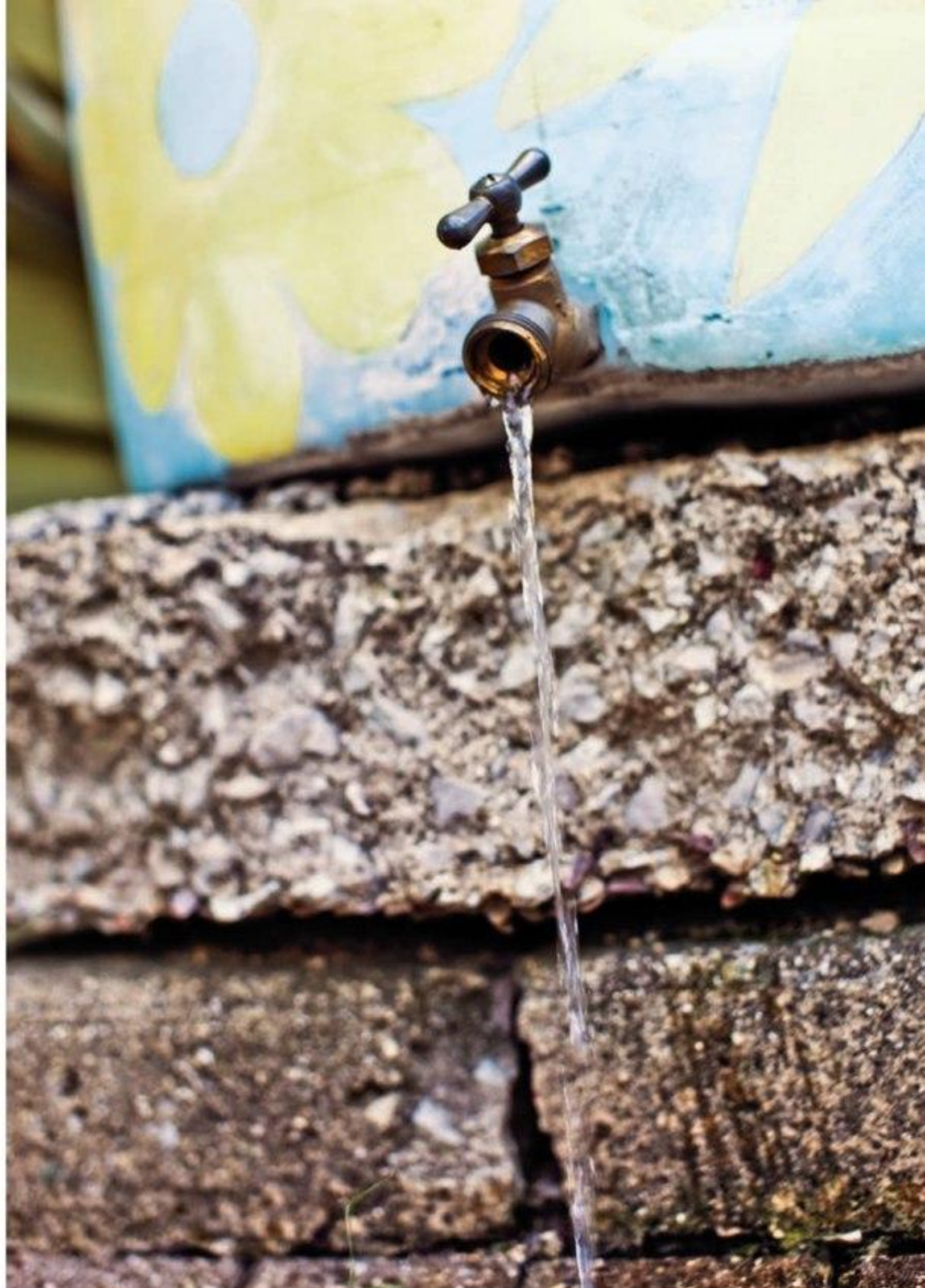
2. Add 2 tablespoons of the ice water and work with your fingers until the water is incorporated and the dough comes together. Add more water as needed to make a smooth dough, being careful not to overmix.

3. Divide the dough in half, form and flatten into two disks, and wrap tightly in plastic wrap. Refrigerate for at least 30 minutes before rolling out.

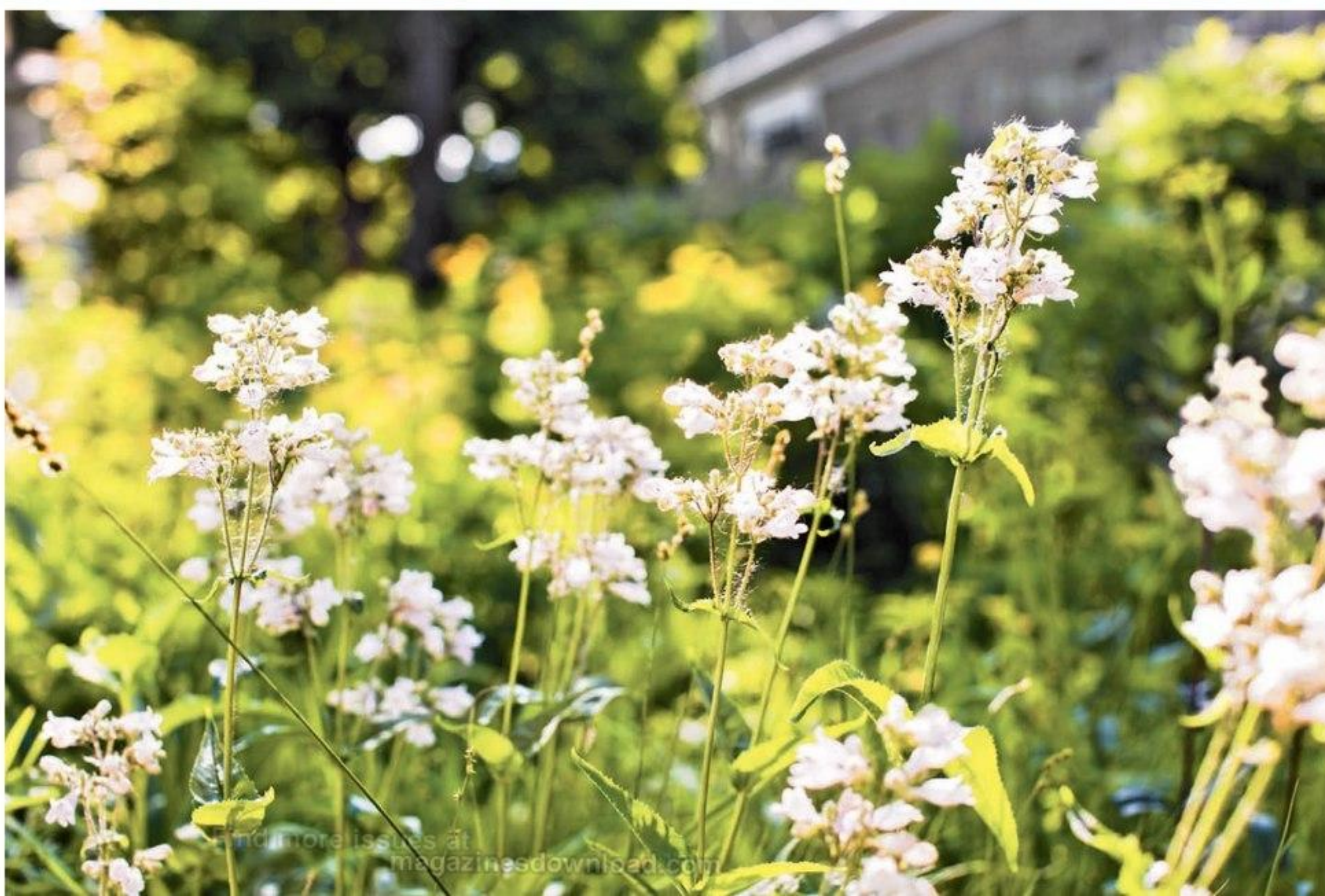
Makes enough for 1 (9-inch) two-crust pie. Used with permission from Emeril Lagasse.

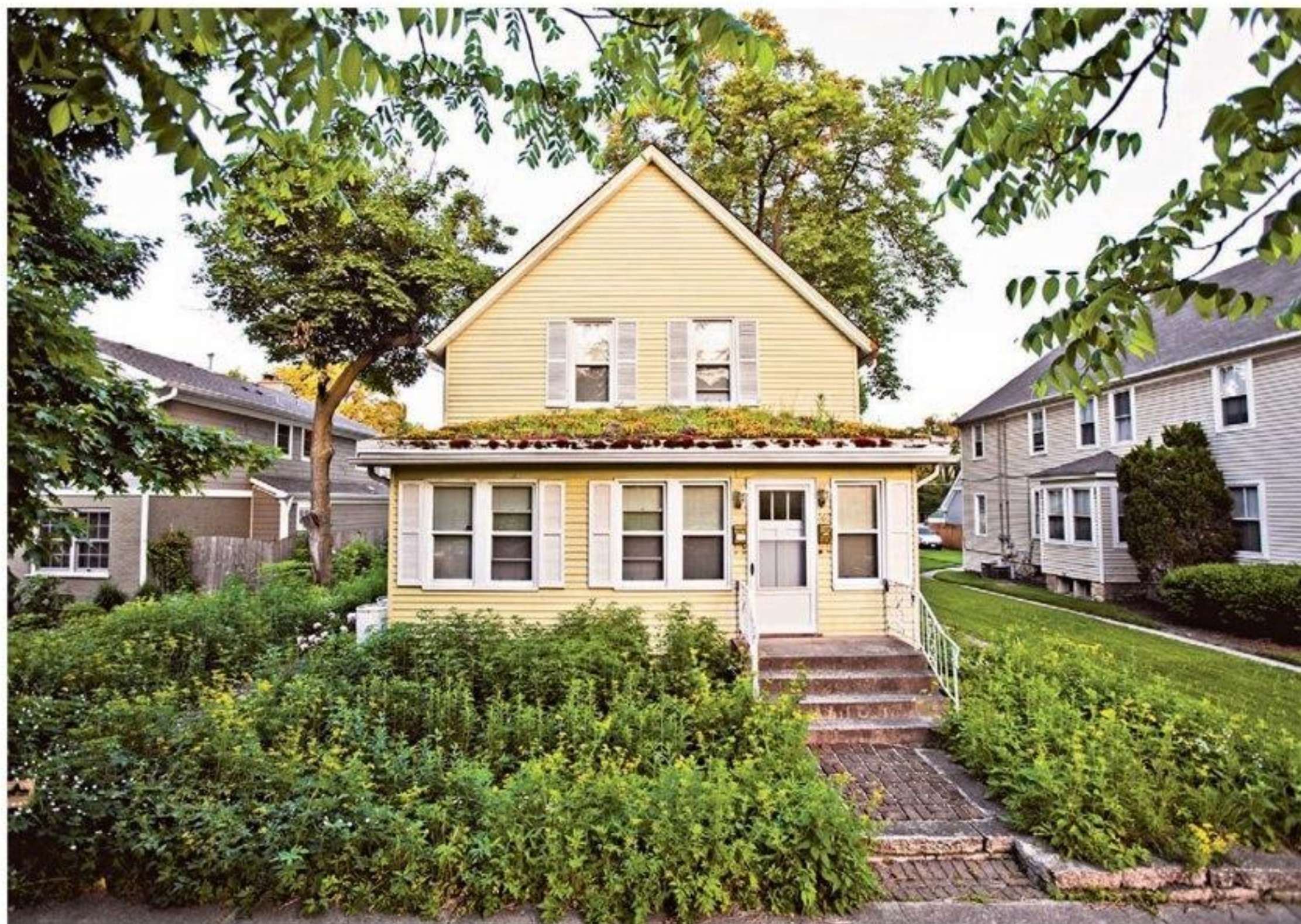


A locavore's perfect souvenir: crisp green tomatoes rustically displayed in the Dallas Farmers Market.



Above left: Sedums and other drought-tolerant plants form a green roof atop the front porch. **Above right:** A total of six rain barrels collect water to irrigate the garden. **Right:** Native penstemon (*P. digitalis*) grows in the rain garden. **Opposite:** The house on Elm Avenue in Elmhurst, Illinois, sits in a lush landscape.





going with the flow

A landlord and his tenant team up
to save rainwater, money, and time.

By Shirley Remes ~ Photographs by Bob Stefko

IT WAS 2003, AND BEN RUSH WAS SIMPLY LOOKING FOR A **RELIABLE TENANT** for his Elm Avenue rental apartment in Elmhurst, Illinois. But by renting to landscape architect Marcus de la Fleur, he gained not only a tenant but a partner, one who changed Rush's perceptions about water: where it goes, where it stays, and why.

Rush complained that muddy water was running down a stairwell and spilling over the basement threshold in this century-old building in the western suburb of Chicago. De la Fleur had experience with slopes and drainage, and said he might know how to fix the situation.

De la Fleur explained the difference between a typical conveyance system we use here in this country and the infiltration systems used in Germany. In the States, we concentrate on directing excess water off our properties, while in Europe, many systems keep water on-site so it can filter down into the ground. It was an on-site solution that de la Fleur proposed for the basement stairwell flooding.

Although Rush was skeptical and cost-conscious, he and de la Fleur agreed to team up to tackle the problem.



Above and right: Porous paving is used for paths. Below right: Rain barrels. Opposite: Spiderwort (Tradescantia ohimensis) and penstemon in the rain garden.

Project 1: Porous Pavers

The concrete patio at the back of the house directed water into the stairwell, so they began by tearing out that slab, along with the nearby crumbling concrete sidewalks. They would be replaced with porous pavement.

"In 2001, when I talked about porous pavement, people looked at me like I was a Martian," says de la Fleur, who earned degrees from the Royal Botanic Gardens, Kew, and the University of Sheffield in England and now has his own business that focuses on sustainable solutions to landscape problems. Porous paving, also called permeable pavement, was almost unknown in the States when de la Fleur started the Elm Avenue project. These brick or concrete pavers have built-in openings or spacers between them so that rainwater drains through into the ground rather than running off.

De la Fleur did the job on the cheap by breaking up some of the old concrete and using it as a base. He topped the concrete with a layer of coarse aggregate followed by smaller stone chips, then laid the pavers on top of that.

Voilà! The water problem was solved. When Rush saw how well the pavers absorbed the runoff, de la Fleur's reasoning became clear: In our society, we pay to send water off our properties by building storm-sewer systems. We then pay to bring water in to irrigate our lawns and gardens. Why not just keep the water where it is? It was this savings of both water and money that impelled Rush to make the Elm Avenue property even more water wise.

Project 2: Rain Barrels

De la Fleur was definitely on board with demonstrating how to keep water on-site. "I have a sense of urgency in trying to communicate what can be done in this regard," he says. But people argued that his methods could not work in the United States. "I knew once I could show that it works in my back yard, then people would be more accepting of these new ideas," de la Fleur says.

The next step was to capture the water that ran off the roof, by installing rain barrels. "Rain barrels and cisterns are very simple and ancient rainwater storage tools," says de la Fleur. He recommended six—three on one corner of the house, three on another. They typically cost \$75 to \$350 each, too expensive for the budget. So Rush talked a local car wash into giving him used 55-gallon detergent barrels. He installed them himself using basic plumbing supplies. The rainwater captured in the barrels is used to irrigate plants.



Project 3: Rain Gardens

Native prairie landscapes are able to soak up almost all the precipitation that fall onto them, says de la Fleur. The prairie renews the deep roots of its plants every 3 years, contributing to the buildup of organic carbon in the soil. “It works like a sponge to soak up the rainfall and allow it to infiltrate into the soils,” he says.

So de la Fleur decided to install a prairie-inspired rain garden to absorb runoff from the garage roof and to replace the turf lawn next to the house. A rain garden is a shallow, excavated area, usually at a property’s low spot, with plantings that can tolerate wet feet. It is designed to absorb excess rainfall. To make his, de la Fleur manually removed the turf; loosened the top few inches of soil; and planted the area with seeds of native prairie plants, plugs he grew from seed, and sedges he rescued from a construction site.

Rain gardens can be daunting to people unfamiliar with the concept, so de la Fleur recommends starting small, with a 10-by-10-foot plot. “Experiment until you feel comfortable, then expand. If you make a mistake, it’s not hard to start over again,” he says.



ILLUSTRATION: ALLISON LANGSTON

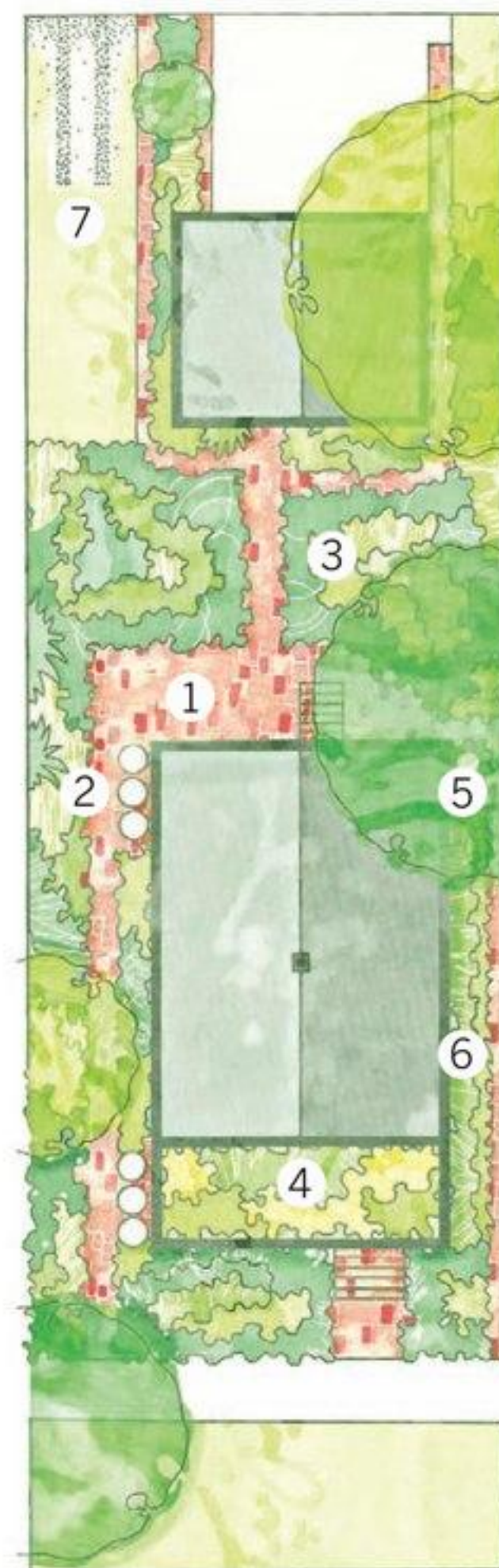
Lessons Learned from Elm Avenue

- We pay to send water away through our storm-sewer systems and then pay again to bring it back for household uses and watering our lawns.
- Areas of turfgrass absorb less runoff than a rain garden or bioswale.
- Rain gardens require less care than lawns because they don’t have to be watered, fertilized, or mowed.
- The enclosed front porch is now far more livable year-round because the green roof had the unexpected benefit of being a good temperature insulator, lowering heating and cooling bills.
- Going green can actually cost less. The water in the cistern and rain barrels replaced buying water for irrigation.
- One person can have an impact by reducing water usage and by demonstrating to others how it can be done.



The Overview

- | | |
|------------------|-----------------|
| 1. Porous Pavers | 5. Cistern |
| 2. Rain Barrels | 6. Bioswale |
| 3. Rain Garden | 7. Gravel Grass |
| 4. Green Roof | |





Left: Volunteer moss, sedums, and other plants on the green roof. **Above:** A pathway next to the bioswale. **Opposite, top:** In all, seven different water-saving practices are in place on the site. **Opposite, bottom:** Gravel grass provides a permeable yet stable parking surface.

Project 4: Green Roof

Next came their most ambitious project yet: a green roof, a cover of vegetation over a water-impervious layer, laid on a building's existing roof. A green roof absorbs water and helps to heat and cool a building more efficiently, but can be expensive to install. Rush told de la Fleur, "If you can find the money, let's do it." So the landscape architect applied for and received a grant from a local conservation organization, and they were off and running.

They chose to plant the front porch roof of the house, which was approximately 250 square feet with a pitch of about 15 degrees. De la Fleur's wife, Catherine Haibach, and friend Ann Tranter installed a 1-inch lightweight aggregate drainage layer. Over that went 3 inches of growing medium, and into it were planted drought-tolerant plants. The system weighs about 25 pounds per square foot when wet. The total cost came to about \$15 a square foot.

An established green roof requires little care, needing to be checked and weeded a few times each year. The growing medium and plants extend the roof's life by protecting it from sunlight and temperature fluctuations. Before installing a green roof, however, a structural engineer should check that the roof can support the weight of wet growing medium and plants.

Projects 5 and 6: Cistern and Bioswale

At this point, Rush was so hooked on saving water that he wanted to aim for 100 percent retention of the water runoff on the property. An old underground masonry cistern, typical of homes built before the 1920s, sat unused on the north side of the house. Early residents of the house probably used the stored water for cleaning and laundry. The pair cleaned and repaired the old cistern to use the water for irrigation.

Next to the cistern on the north side of the house ran a strip of scraggly, seldom-used lawn. The men decided to replace it with a bioswale. Just like a rain garden—except for its shape, which is longer and narrower—a bioswale would capture any overflow from the cistern and allow it to percolate into the ground rather than flow into the street. Because this area was in the shade of the house, they used plants that prefer those conditions. The result turned an awkward, narrow space into another infiltration tool, one that bursts with color and texture from interesting native savanna and woodland plants such as perennial geraniums, ferns, asters, grasses, and sedges.



Project 7: Gravel Grass

The final project involved replacing a conventional compacted-gravel parking space next to the garage with gravel grass, another type of porous pavement that is little used in the United States. The base consists of gravel mixed with sandy soil (1 part sand to 5 parts soil), which provides good infiltration and is stable enough to bear the weight of a vehicle but does not compact so much that it cannot sustain plant growth. On it, de la Fleur planted a mixture of buffalograss, sideoats grama, fescue, and clover. Besides absorbing water, the advantage of gravel grass is that, when it is not being used, it looks like an extension of the yard because it is green.

Spreading the Word

By the time the men had finished their projects, they had spent about \$2,500 in total. People in the community were starting to notice, and the two were asked to show the yard on a local garden tour. De la Fleur realized visitors would have many questions, so he organized the projects into seven stations with handouts explaining what each did and how they put it together. He also created a website, *delafleur.com*, that has these information sheets and explains every step of the projects and how to do them.

De la Fleur enjoys the teaching aspect: “It’s more persuasive to tangibly show people how they can make a difference.”

And Rush? Although he hasn’t calculated exactly how much money the Elm Avenue property has saved in water, lawn maintenance, and heating and cooling costs, he’s convinced enough to have since installed porous pavement at another of his rental properties and is looking to make the landscape around his own home more sustainable.

“Marcus is one of the extremely few people who wake up every morning thinking about what they can do for the planet,” Rush says. “I’m not that guy. I think I’m more like the typical American. I want to do the green thing but I favor a more practical approach. I want to be green and save money, as well.” ●

Organic Methods Hold Water

The Rodale Institute celebrates the success of its 30-year Farming Systems Trial.



When rain gets scarce, we turn a tap, and water flows readily from hoses and sprinklers in yards across the nation, making it easy for us to take the resource for granted. But with climatologists predicting weather extremes in all corners of the globe in the next century, wise water use will become even more critical for all American gardeners and farmers. Hardiness zones have already changed in just the past 20 years; warm-region growing conditions are moving farther

and farther north. And drier conditions are racing north, as well. Drought already costs U.S. citizens \$6 billion to \$8 billion a year on average, and according to a study from the National Center for Atmospheric Research, we could face extreme drought within just 30 years.

This could mean devastating crop failures, water shortages, and widespread

***Above:** In drought years, organically grown corn at the Rodale Institute near Kutztown, Pennsylvania, had higher yields than the synthetic-chemical-reliant corn grown in adjacent fields.*

ANDREW NORELLI

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Garden & Sea Salsa

Ingredients:

2 cups vine ripened tomatoes, chopped
2 Tbsp. red onion, chopped
2 Tbsp. serrano chiles, minced
1/4 cup cilantro, coarsely chopped
1/4 cup lime juice
2 tsp. Carlson The Very Finest Fish Oil
Lemon Flavor

Directions:

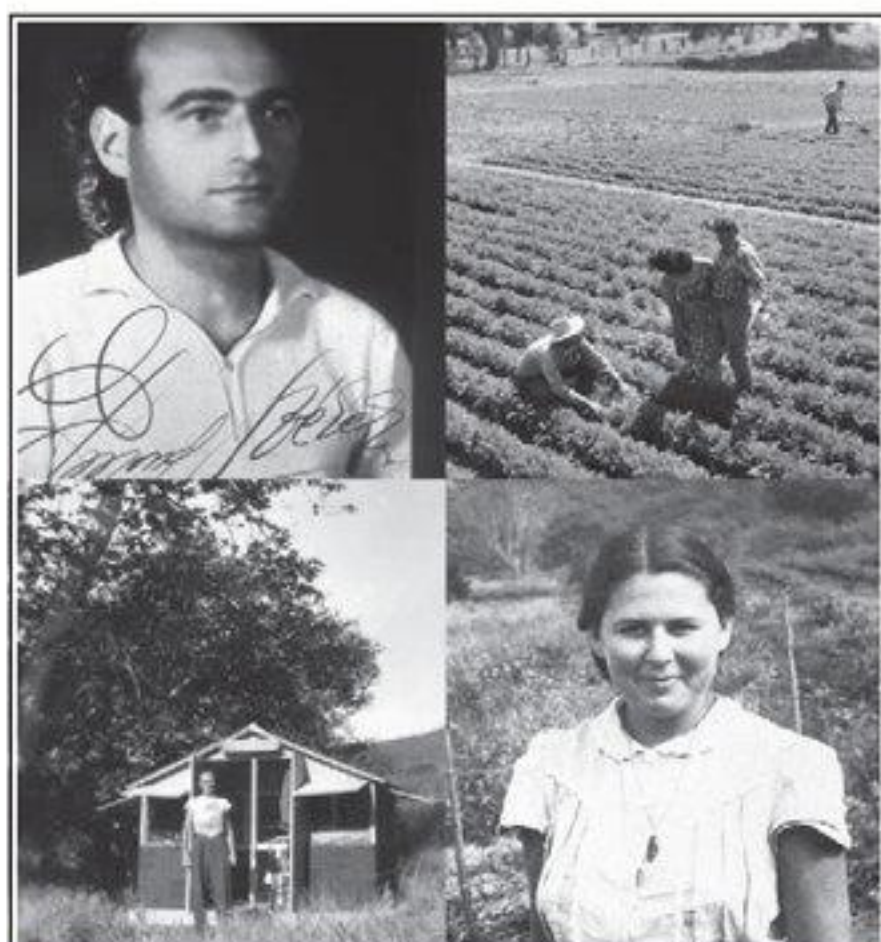
Mix all the ingredients together and let sit for 30 minutes to blend the flavors. Be careful when mincing chiles; they are hot! For a milder salsa, use jalapeño pepper. For very mild salsa, use green bell pepper.

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Organic matter in soil acts like a sponge, preventing water from running off during heavy rains and releasing it to plants during droughts.

water restrictions. With a warmer, drier environment on the horizon, turning on the hose or sprinkler to quench a thirsty garden might not be an option.

In response to the changing climate, the big three chemical-producing companies—DuPont, Monsanto, and Syngenta—are in a heated race to be the first to release a drought-tolerant variety of corn. Both genetically modified and standard-bred hybrids are in the works. They may claim feeding an ever-expanding world population as their altruistic motivation, but making millions from drought-stricken farmers makes for a lucrative incentive: Feeding the bottom line is any public corporation's duty.

While drought-tolerant varieties are a valuable piece of the puzzle, another solution already exists—one that farmers and gardeners can practice immediately, without paying for specialized seeds. And it's a solution that has scientific research to back it.

The Rodale Institute's Farming Systems Trial (FST) has been tracking the performance of organically grown grain crops (such as corn and soybeans) and conventional, synthetic-chemical-reliant grain crops for the past 30 years. As America's longest-running side-by-side comparison of these farming systems, the FST has revealed that crops grown organically are truly healthier and hardier in the long run, and better able to cope with weather extremes. Organic fields in the FST produce just as much as the chemical-reliant fields, despite claims that organic farming uses more resources to produce less food. But it is the performance of the organic fields during drought years that is truly amazing.

In four out of five drought years, the organically grown corn produced significantly more than the conventionally

grown corn. The organic corn of the FST was even more successful under drought conditions than the drought-tolerant seed varieties were in the industry trials. The Rodale Institute's organically managed fields produced between 28.4 percent and 33.7 percent more corn than conventionally managed fields under drought conditions.

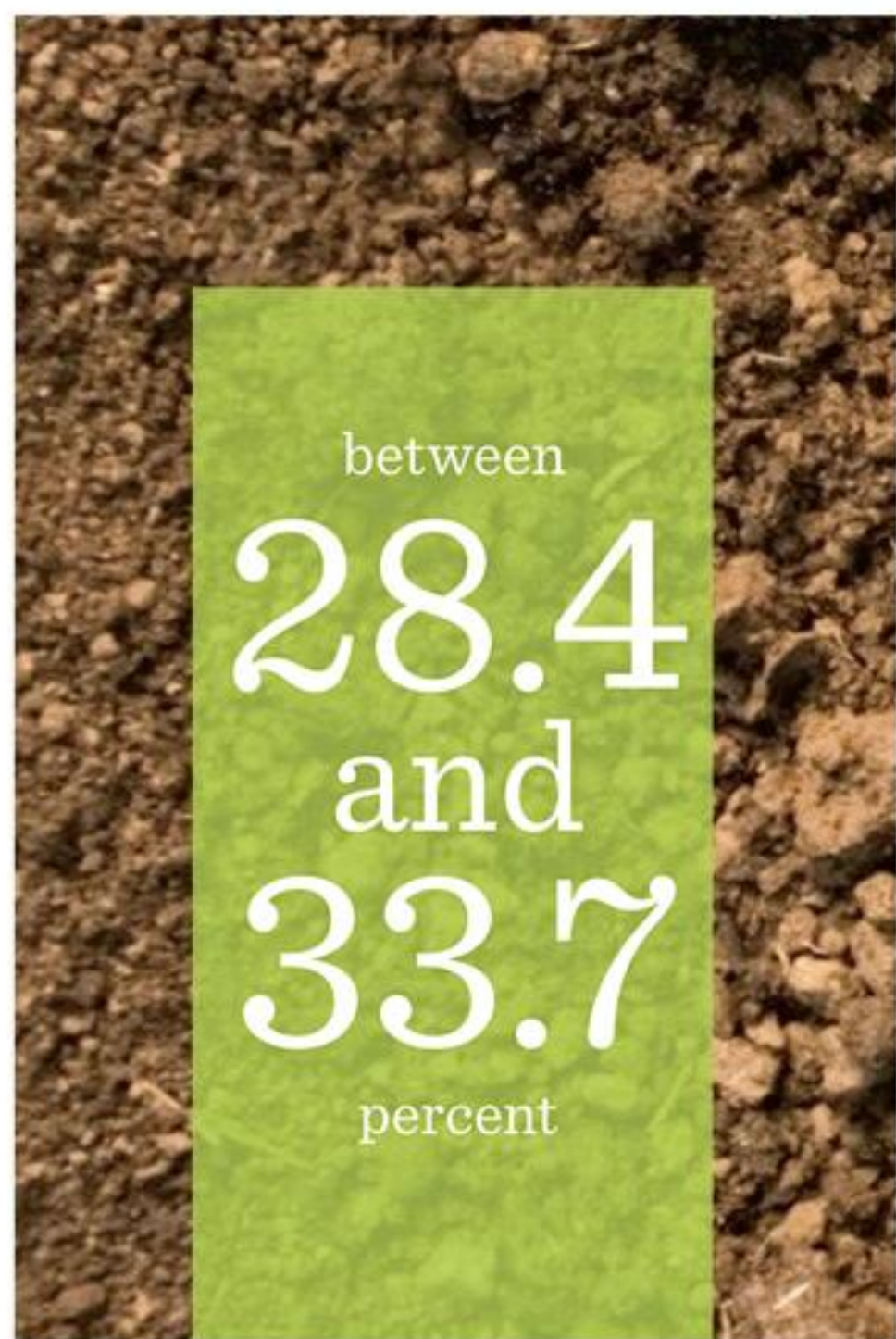
Monsanto boasted that its genetically modified drought-tolerant corn was "one of our most significant R&D milestones," producing between 6.7 percent and 13.4 percent more under drought conditions than other corn varieties. DuPont touts hybrids that produce 5 percent more on average, and Syngenta, which is leading the pack, has managed to produce 15 percent more with its drought-tolerant seeds.

So why does the FST's organic crop outperform the chemical crop? "The current toxic-chemical approach to growing our food destroys the life of the soil with pesticides, herbicides, and high levels of inorganic fertilizers," says Elaine Ingham, chief scientist at the Rodale Institute. "They are destroying the support system, developed by nature over the last 4 billion years, that grows healthy plants."

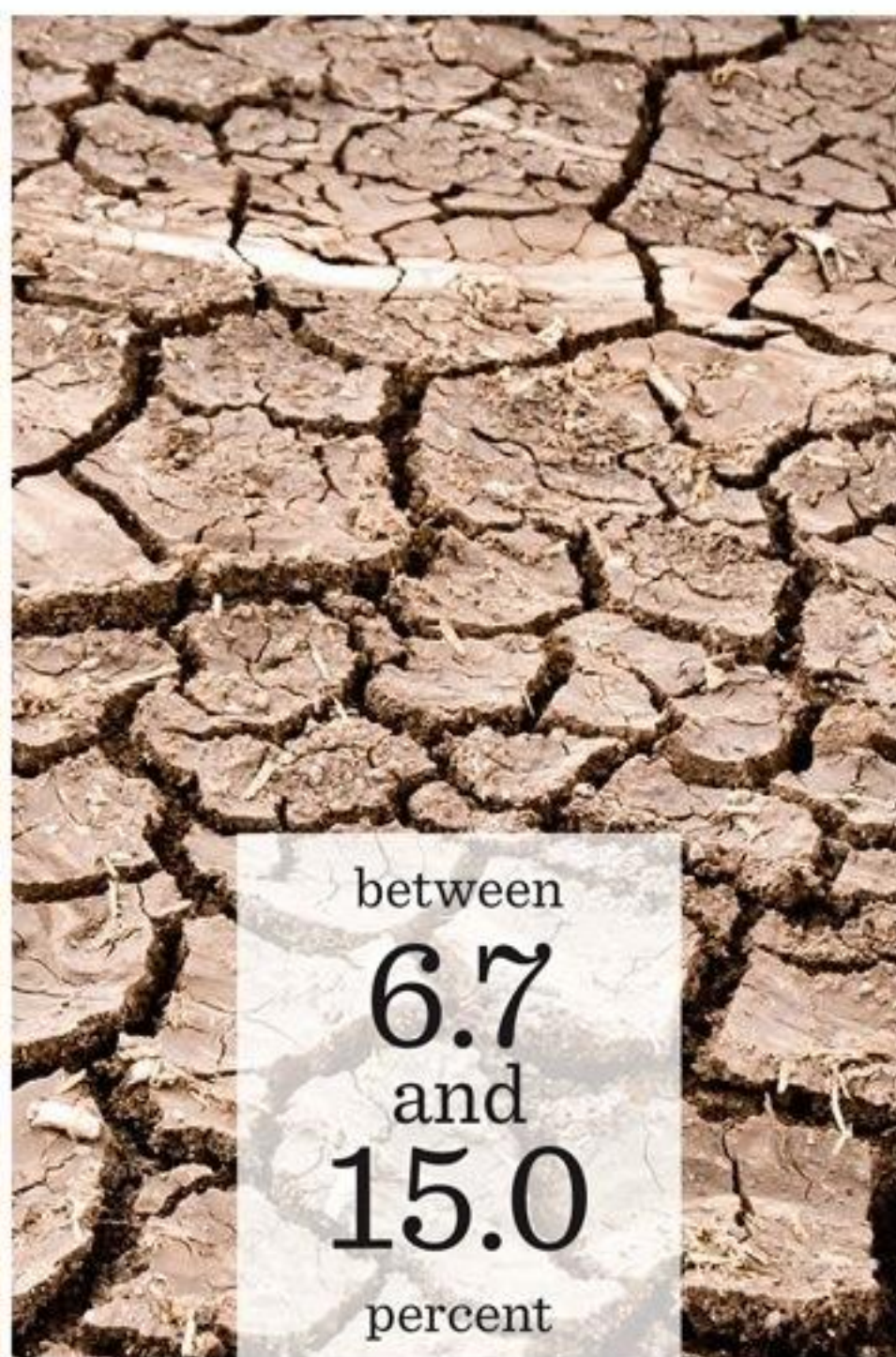
That natural support system of organic practice is what makes those crops more drought-tolerant. Fertile soil, rich in organic matter and microbes, creates a more stable environment for plants. Rather than crop failure in times of stress, the organically cultivated plants can rely on the soil to provide what the weather has not.

"The organic matter in soil acts like a sponge, providing water reserves to plants during drought periods and preventing water from running off the soil surface in times of heavy rains," says Rita Seidel, agroecologist and FST project leader at the

Difference in yields over conventionally grown varieties
of corn in drought conditions



Non-GMO corn,
organically grown



GMO drought-tolerant
corn, conventionally grown

Rodale Institute. "This organic matter has significantly increased in the FST organic fields and is actually diminishing in the conventional fields."

Even in times of severe water shortage, not only can organic fields produce a more successful crop, but they continue to contribute to our drinking water reserves. In the FST, the organic fields recharged groundwater at rates 15 to 20 percent higher than the conventional fields.

Whether you are cultivating 40 acres or 40 square feet, compost, mulches, and cover crops create a well-balanced, fertile soil that can absorb more water, which

buffers plants from drought stress. And avoiding toxic herbicides and pesticides and synthetic fertilizers keeps the community of soil microbes actively processing organic matter.

Thirty years of research proves that organic farming and gardening grows food and grows it well even during extreme weather conditions. Good news, for in the face of a warmer, drier future, the more we can rely on our soil rather than our hoses, the better off we'll be. —*Amanda Kimble Evans*

For more information, see *Find It Here*, p. 83.

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Tomato Blight Control

Q. What is the difference between late blight and early blight, and what can I do to protect my tomatoes from these diseases?

Bill Anderson
Orchard Park, New York

A. "Late blight is an aerial pathogen, so it usually appears on the top of the plant first," explains Tom Zitter, Ph.D., professor of plant pathology at Cornell University. Early blight and septoria leaf spot, other common fungal diseases of tomatoes, overwinter on plant debris in the soil, and start out as spots on lower leaves. Periods of cloudy, humid, or rainy weather favor all three diseases, with late blight developing more readily in cool conditions; warm, wet weather is more favorable for early blight and septoria.

Leaf spots caused by the late-blight pathogen (*Phytophthora infestans*, the same disease that struck during the Irish potato famine) are dark and water-soaked and may be the size of a quarter. White fuzz may appear around the edges of the spots on either the top or bottom of the leaf. As they dry, the spots turn brown and papery. Dark spots may occur on stems; on fruits, late blight causes large, irregular, firm, greasy-looking brown spots.

Early blight (*Alternaria solani*) causes dark, circular leaf spots that develop a target pattern of concentric rings. These may enlarge and grow together; eventually leaves yellow and drop. Early-blight spots appear near the stems of unripe fruit and cause dark rot inside the tomato. Septoria infection causes similar concentric patterns on foliage, but the spots have light-colored centers that become peppered with dark specks.

Prevention is the key to protecting tomatoes against late and early blight. Tomato breeding programs are producing hybrids that carry genetic resistance to multiple strains of late blight, including the widespread 2009 form. Zitter notes that older varieties do not have resistance to the most common forms of the late-blight pathogen. Many of the new hybrids also resist early blight. Currently, 'Defiant PhR', a red slicing tomato, and the plum tomatoes 'Juliet', 'Mountain Magic', and 'Plum Regal' are available; Matt's Wild Cherry is an heirloom cherry tomato that also has demonstrated resistance to late blight.

Starting your own tomatoes from seed or buying transplants from a reputable grower is another way to avoid late blight, since it is not seedborne, says Zitter. The disease overwinters only on live

Prevention is the key to protecting your tomatoes against late and early blight.



plant material (often unharvested potato tubers), so avoid composting potentially infected potatoes and destroy "volunteer" potatoes that appear in your garden or compost pile. Control weeds such as nightshade, a relative of tomatoes and potatoes, which can also host these diseases. Remove and discard plants that show symptoms of blight or septoria leaf spot, and don't plant tomatoes or potatoes in the same spot from one year to the next. Avoid wetting the foliage when watering, and don't work in your garden when plants are wet.

Late blight is an airborne pathogen that develops in cool, wet conditions. Brown blotches appear on tomato fruits and stems, and on leaves as dark spots ringed with white fuzz.

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Alternatives to Peat

Q. Your article on the environmental costs of peat moss [Common Ground, February/March 2011] left me wondering what to use instead. The soil mix we use to fill our raised beds includes peat moss as a key ingredient, and I use it in my soil-block mix for starting seeds.

*Celia De Frank
Big Bear City, California*

A. "When looking for peat moss replacements, I turn to compost and coconut-husk fiber [coir, shown below]," says Mark Highland, president of the Organic Mechanics Soil Company (see Profiles on page 74). "Mature, well-aged compost adds beneficial biology and water-holding capacity, and coir has physical properties similar to peat moss and holds moisture well."

Sawdust is another peat replacement, but Highland cautions, "If it is not entirely composted, extra fertilizer will be required" to compensate for sawdust's high carbon-to-nitrogen ratio. Avoid sawdust from pressure-treated wood, he adds. It contains harmful chemicals.

"Soil blocks can be made with compost-based potting soils," Highland says. "The sticky substances produced by compost bacteria help to make perfect soil blocks." Add worm castings to the mix for even better seedling growth.



THIS PAGE: MITCH MANDEL OPPOSITE: ANDREA JONES

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Rotating Crops

Q. In my modest-sized garden (25 by 30 feet), I have a hard time sticking to a rotation plan without creating other problems. What's the minimum amount of time I should allow before planting a crop in the same spot where it grew before, and how bad is it if I can't stick to that timing?

Owen Adams
Columbia, Missouri

A. Try to wait at least 3 years before growing a related crop in the same space. Whether you measure your growing space in acres or square feet, the goals of crop rotation are to disrupt the life cycles of soilborne diseases and pests and to maintain soil fertility. In a garden that consists of a single, undivided plot, moving the soil around by tilling or double-digging reduces the effectiveness of rotation as a disease- or pest-prevention method, says Rosie Lerner, extension consumer horticulture specialist and master gardener state coordinator at Purdue University. If you're having recurring problems with soilborne pests or diseases, consider creating separate beds that let you locate crops in different areas from one year to the next.

If separate beds are not possible, focus on other strategies for disease prevention, Lerner recommends. "Choose resistant varieties when available and follow good sanitation and cultural practices," she

says, adding, "Those are still important even if crop rotation is feasible." Be on the lookout for persistent problems and remove severely infested

or infected plants promptly. In particular, if a soilborne disease such as fusarium or verticillium wilt becomes a problem for one or more of your garden "regulars," you may need to stop growing that crop (or group of crops) in your garden for 3 to 4 years.

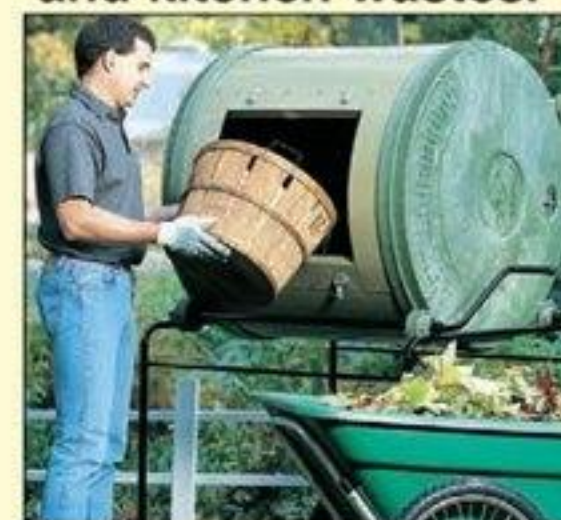
Even in a small garden, some rotation is better than no rotation. Try a plan aimed at balancing soil fertility, as suggested in *Rodale's Ultimate Encyclopedia of Organic Gardening*: Avoid planting the same general category of crop (root, legume, or leafy/fruiting) successively in the same place. Follow nitrogen-fixing legumes such as peas or beans with heavy feeders such as lettuce or tomatoes. Then follow those nutrient-needy crops with light-feeding root crops. Your garden will really benefit if you can work cover crops, such as winter rye or hairy vetch, into your rotation. In general, precede fruiting crops (tomatoes, squash) with grasses or grains, such as rye or oats, and follow them with legumes, such as peas and beans or clover.

Ask Organic Gardening is edited by Deb Martin. Have a question for our experts? See "How to Reach Us" on page 10.

Rotating crops every three years maintains soil fertility and disrupts the life cycles of pests and diseases in the soil.

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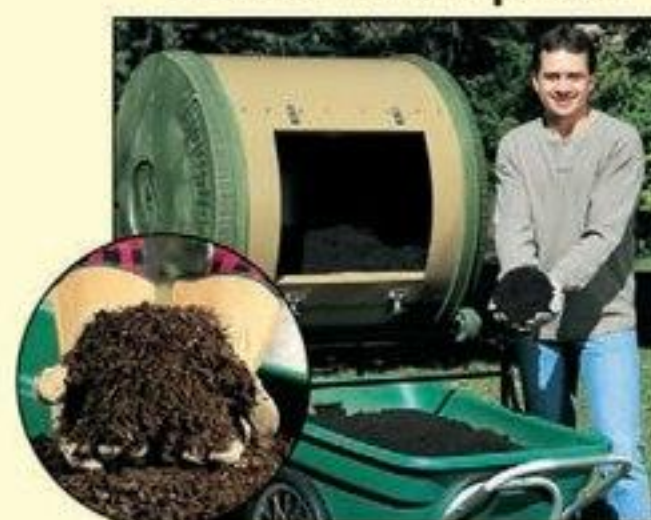


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Mexican Bean Beetle

Epilachna varivestis

There's a black sheep in every family, and apparently the lady beetle crew is no exception. As a whole, it's the most commonly recognized beneficial insect family in the garden. With 200-plus species calling North America home, lady beetles are the good guys, consuming whiteflies, small caterpillars, aphids, mealybugs, and other pest insects. Their black sheep relative, the Mexican bean beetle, isn't nearly as nice.

You've probably heard of this nasty cousin, especially if you live east of the Rocky Mountains, where it is endemic. The Mexican bean beetle is one of only two members of the lady beetle family that's an herbivore rather than a predator (the other is the more elusive squash beetle). Larvae and adult beetles skeletonize the leaves and seedpods of host plants, including snap beans, soybeans, and limas. Because they're closely related, adult Mexican bean beetles and lady beetles look a lot

The bodies of bean beetles are slightly larger, but their coloration is nearly identical to copper-colored species of lady beetles.

alike. The bodies of bean beetles are slightly larger, but their coloration is nearly identical to copper-colored species of lady beetles, sometimes making it difficult to tell who is friend and who is foe.

There are, however, a few ways to discern one adult beetle from the other. Mexican bean beetles always have 16 black spots on their wing covers. Lady beetles vary in their number of spots, depending on the species, and some of them have no spots at all. Another distinctive feature are the white markings commonly found on the thorax (the middle body segment, between head and abdomen) of most beneficial lady beetle species but not on the Mexican bean beetle.

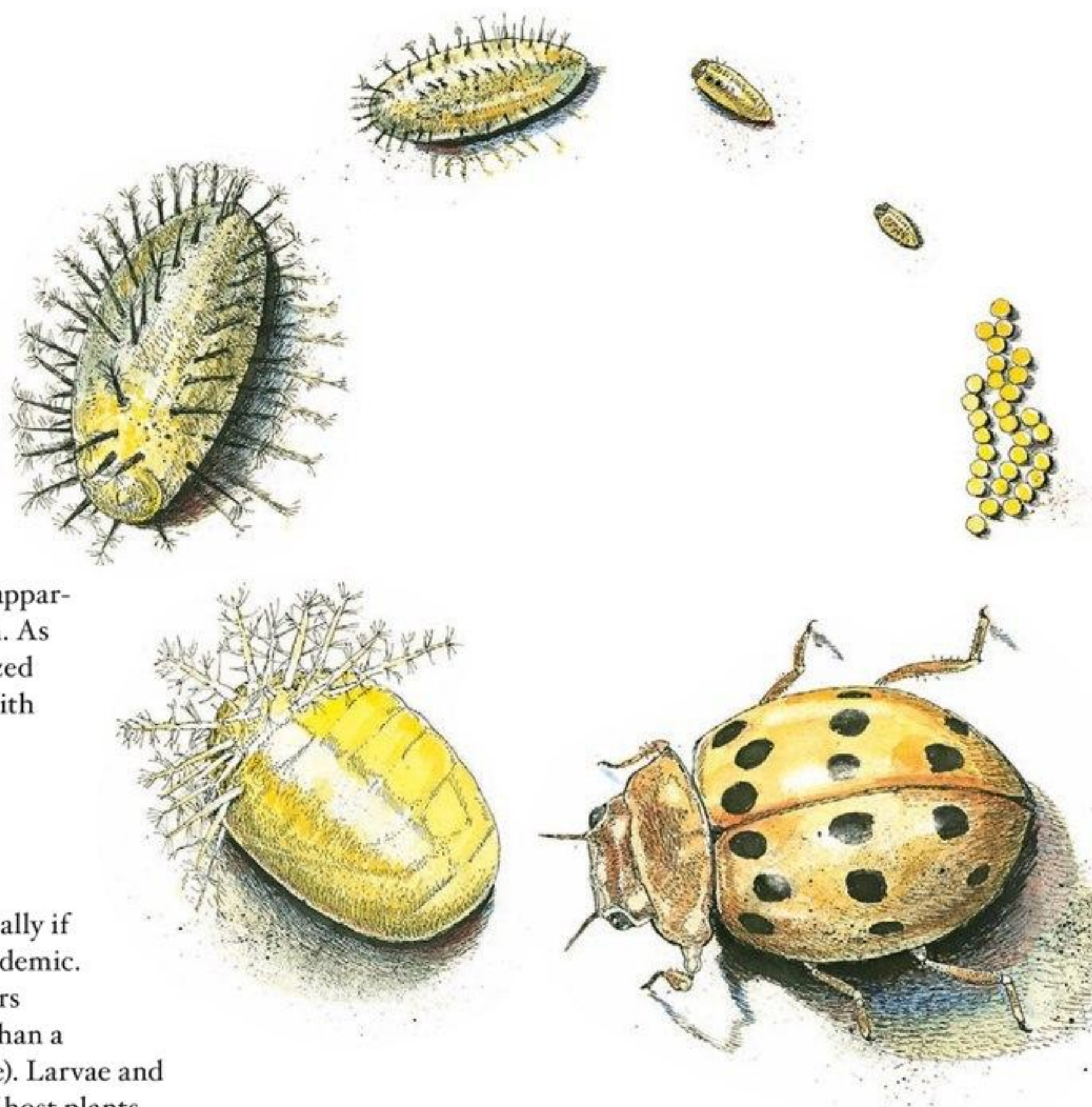
It's most difficult to tell them apart as eggs. Adult females of both insects lay bullet-shaped, yellow eggs in masses on leaf undersides. The resulting larvae, though, couldn't look more

different. Mexican bean beetle larvae are 1/3 inch long, light yellow, and covered in bristly spines. The spines aren't sharp, but if you hand-pick (read: squish) for population control, they will discolor your skin with their yellowish orange innards. In contrast, lady beetle larvae look like black-and-red miniature alligators.

If hand-picking Mexican bean beetles isn't your thing, protect susceptible crops with floating row covers until the plants are well established. And encourage natural predators—including parasitic wasps, tachinid flies, minute pirate bugs, and, yes, lady beetles—by interplanting the garden with flowering plants that serve as food sources for these predatory insects. Plants that lure beneficial bugs include herbs (such as dill, parsley, mint, thyme, and sage); native perennials (asters, goldenrod, coreopsis); and annuals (cosmos, sweet alyssum, sunflower, zinnia).

—Jessica Walliser

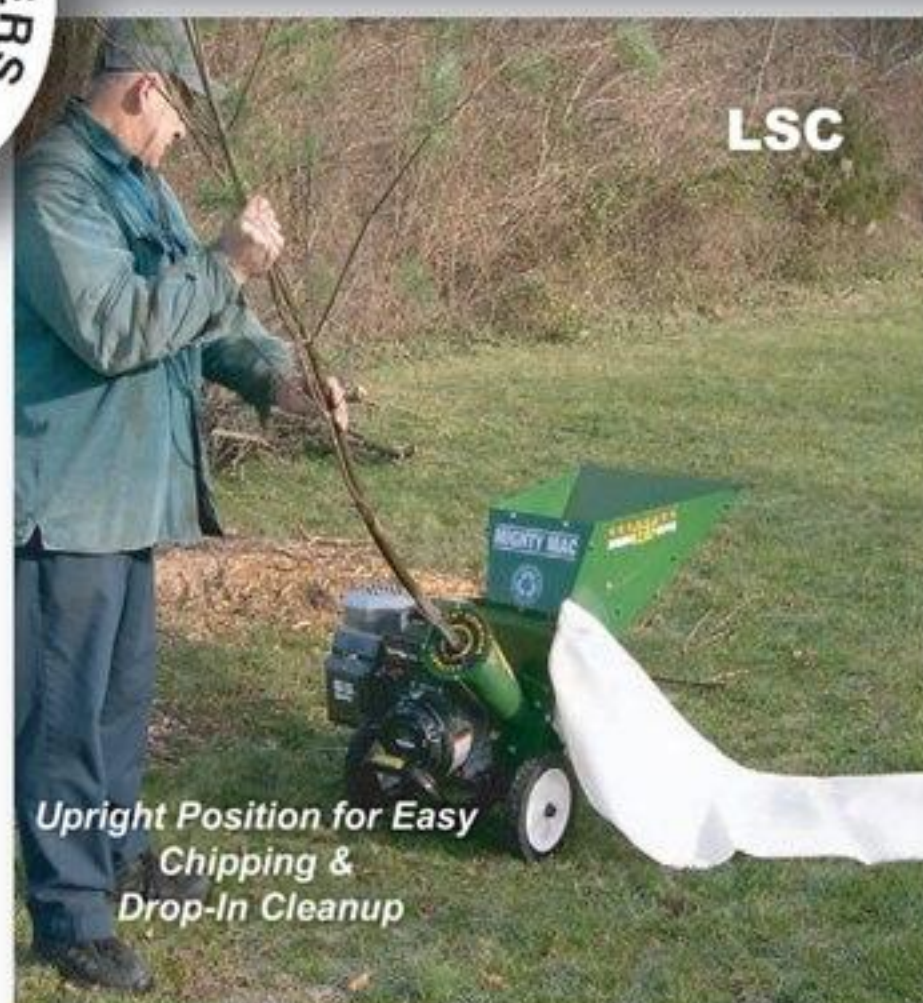
Adult Mexican bean beetles emerge from leaf litter in spring to lay clusters of eggs on bean leaves. Larvae molt several times, gaining size each time they shed their bristly skin. Yellow pupae (with a partially cast larval skin attached at one end) follow the last molt, finally becoming spotted adults.



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Checking Out Seed Libraries

Libraries aren't just for books anymore. Seed libraries allow gardeners and farmers to "check out" seeds to grow on their own land in exchange for returning some of the seeds from their harvest at the end of the season. Unlike a seed bank, the libraries are living collections that change every time a gardener returns seeds. Because each grower saves seeds from the most productive, healthiest plants, the varieties become more adapted to the specific bioregion with each generation.

The Richmond Grows Seed Lending Library opened at the Richmond Public Library, near Berkeley, California, early last year. Rebecca Newburn, a middle-school math and science teacher, was inspired to launch the seed library after volunteering at the Bay Area Seed Interchange Library (BASIL) in Berkeley. BASIL had been lending seeds to visitors of the local Ecology Center for 12 years.

"I had been running in and out of the Ecology Center for years and had no idea the seed library was there," Newburn says. "It just seemed natural to make it available to the general public by having it within the public library."

Whenever the public library is open, gardeners can check out seeds for free. The seeds are organized by type

as well as level of difficulty to save and are distributed on an honor system. Returns are not required for certain seeds that are difficult to save properly, but Richmond Grows also offers seed-saving workshops throughout the year to increase the expertise of local gardeners. A number of experienced gardeners and farmers assist in keeping the collection stocked. Volunteers organize the program and provide resources at no cost.

"People are rediscovering seed saving at all different levels," Newburn says. "We're trying to create a system where we're mentoring people all the way up the line."

The concept has inspired a cascade of new seed libraries within public libraries up and down the West Coast and beyond. The sister organizations are working together to create and share seed-saving resources in English, Spanish, and a variety of other languages. It seems the seed libraries are mirroring what happens in the garden. "If you plant a seed, you get a thousand in return," Newburn says.

—Amanda Kimble-Evans



Right: Beans, lettuce, peas, and tomatoes are among the easiest vegetable seeds for gardeners to save and share.



ANIMAL TRACKS

Firefly

No image evokes the nostalgia of simpler times like that of a child collecting fireflies, also called lightning bugs, as darkness falls on a midsummer evening.

Worldwide, more than 2,000 species of fireflies—all beetles in the *Lampyridae* family—flash and wink their way through the mating season, deploying chemical reactions inside their abdomens to produce light without heat. Known as glowworms, the luminous larvae nest in rotting wood and mature in 1 to 2 years. As adults, each species emits both a signature flash pattern and a unique color, optimized for visibility during the time of day at which that species is active. While scientists unlocked the chemical reaction that yields firefly bioluminescence in 1951, they have yet to discover how the beetles control the flash.

In Thailand, fishermen once used the light of fireflies at the water's edge to steer their boats after dark. In Elkmont, Tennessee, the synchronized flashes of the official state bug draw thousands of tourists in June. Anecdotal evidence suggests that populations worldwide are in decline due to habitat fragmentation and light pollution—even the headlights of a passing car can disrupt a courting pair's flash and response.

These nocturnal insects, rare in states west of Kansas, favor tall grasses near standing water. When nights turn warm and humid, try giving the lawn mower a break—and let starlight and the gentle twinkle of fireflies stand in for landscape lighting. —Sharon Tregaskis

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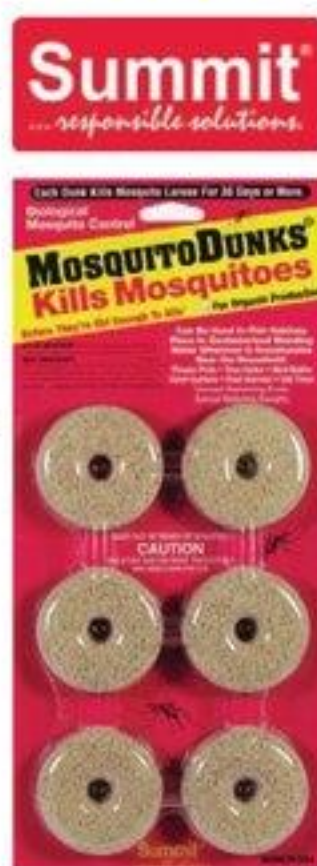
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Wind Turbines Grow Better Crops

Wind turbines are appearing by the hundreds in corn and soybean fields across the Midwest, bringing with them greener energy, greener income, and possibly greener crops. New research suggests that the microclimate produced around wind turbines might actually improve the success of crops growing beneath the quiet giants.

The turbines create a gentle turbulence, more favorable temperatures, and more air exchange with the plants. Although the findings are preliminary, the researchers say these combined changes paint a positive picture.

"Plants compete for light and carbon dioxide," says Gene Takle, Ph.D., professor of agricultural meteorology and director of the Climate Science Program at Iowa State University. "The turbine turbulence moves the leaves around, allowing more light to flicker down into the canopy. The increased airflow brings fresh carbon dioxide, which is essentially a nutrient for the crops." The warm, dry air blowing over the plants also helps dry the leaves, suggesting less risk of fungal infections and pointing to season-extension possibilities.

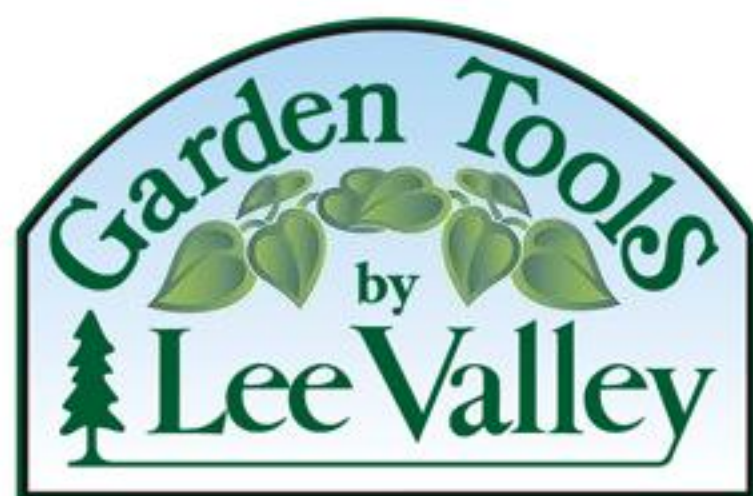
Both Takle and another scientist on the study liken the effects of the wind

turbines to those of shelterbelts—lines of trees planted around cropland (or even a garden) to break up the wind. Instead of blowing straight across the land or a crop, wind that encounters a shelterbelt is reduced to gentle turbulence. The turbulence creates a microclimate that has proven beneficial to area crops. "A row of turbines can act like a super-shelterbelt," says Julie Lundquist, Ph.D., assistant professor of atmospheric and oceanic sciences at the University of Colorado.

The push for alternative energy sources is driving a blossoming wind-turbine movement. But with some of the best on-shore locations in Midwest farm fields, Lundquist says the competing land uses require more research.

"We want turbines where the wind sources are rich, but this land is already being used for cropland," says Lundquist. "If we can do both successfully, then the mixed-use land is that much more valuable." —A.K.E.

Wind turbines used to generate clean electricity may also offer a boost to crops grown nearby.



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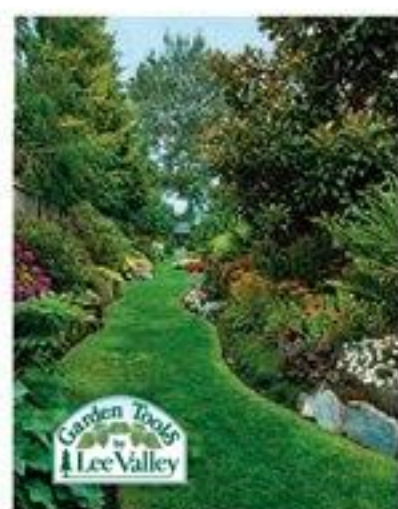


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The Organic Mechanic

Mark Highland, president of the Organic Mechanics Soil Company

Identify a need and fill it” is the first tenet of entrepreneurship, one that Mark Highland inadvertently discovered while an environmental horticulture student at the University of Florida. “I just didn’t see organic potting soils on the market on the East Coast,” he says, “so I started looking into ingredients.” He didn’t want to use peat, a major component of many commercial potting mixes, because sphagnum peat bogs are carbon-sequestering ecosystems that, once harvested, take centuries to recover. At the time, conventional wisdom held that compost was too variable to be used as a base in potting mix, but Highland experimented. Before long, he was dubbed “the Organic Mechanic,” and the name stuck.

Now the Organic Mechanics Soil Company, located in southeastern Pennsylvania, is one of only a few companies specializing in compost-based organic potting mixes. And the demand is there: Although he’s been in business for only 5 years, Highland is planning his second move into bigger quarters later this year. Underpinning all this activity is Highland’s passion for healthy soil. “I was fed up with hearing people recommend toxic things to go into our gardens as solutions,” he says. “I wanted there to be more organic solutions for gardeners—green, sustainable solutions.”



At the Organic Mechanics production site in Modena, a little town west of Philadelphia, a handful of employees turn big piles of pine bark, coconut-husk fiber, and locally generated compost—plus other ingredients such as rice hulls and worm castings—into several potting and planting mixes. The Premium Blend Potting Soil is certified as organic by the Organic Materials Review Institute (OMRI) and sold in garden centers, farm stores, and natural-foods shops from Maine to Nebraska.

Production is a labor-intensive process. Only the “big three” ingredients are dumped into the mixes mechanically; then perlite,

Mark Highland, the Organic Mechanic, in front of some of his stock in trade: aged pine bark and compost, two of the ingredients in his peat-free potting soils and seed-starting mixes.

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—Ethne Clarke, Editor in Chief, *Organic Gardening*



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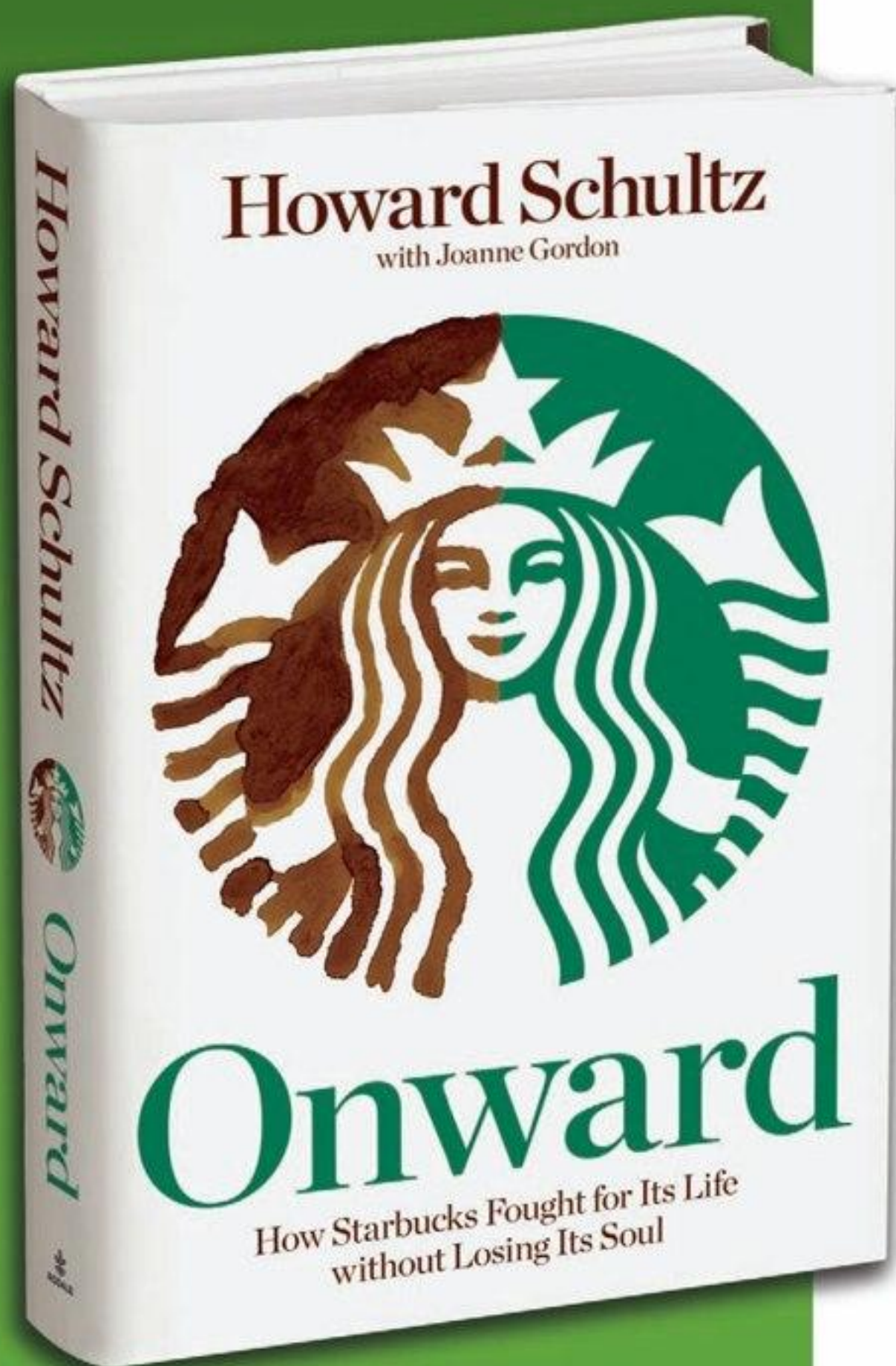
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rice hulls, or worm castings are added by hand, and the filled bags are weighed one by one to ensure accuracy.

Ingredients are as local and Earth-friendly as possible to produce mixes that are not only rich in nutrients and require less-frequent watering than peat-based products but must also leave a smaller carbon footprint. On-site, all the vehicles except the electric forklift run on biodiesel fuel.

Highland grew up in Wisconsin but spent memorable summers on his grandparents' farm in Capron, Illinois, a tiny town west of Chicago. He learned from his grandmother that vegetable gardening can be fun, and he recalls dunking the watering can into "manure water," made from manure provided by the cows on the dairy farm next door.

But it was at school in Gainesville, Florida, delving deeply into the art and science of growing plants, that he realized that it really does start with good soil. After graduation, Highland's experimentation continued—in Oregon, researching soil at a certified organic farm, and later studying for a master's degree in the prestigious Longwood Graduate Program at the University of Delaware, where he did extensive research on composts for Longwood's own potting mixes.

In 2006, having lined up family members as investors, Highland launched Organic Mechanics, and he hasn't looked back. This year, Organic Mechanics potting mixes will be officially endorsed by *Organic Gardening* magazine, with a percentage of proceeds to be donated to the Rodale Institute. The company is also partnering with Midwest Trading in Chicago to make locally produced mixes available to more midwestern garden centers.

And that's not all: There's a new seed-starting blend that's expected to be on the market in the spring of 2012. Highland plans to produce more private-label mixes for independent

garden centers, as he already does for American Plant in Maryland and Virginia.

Specially tweaked blends are also marketed to public gardens. Both Chanticleer and the Scott Arboretum of Swarthmore College, in the Philadelphia suburbs, have used a custom blend in their extensive container gardens for several years.

"We were looking to use a peat-free mix for our annual container display, and the mix he developed for us has worked really well," says Rhoda Maurer, the assistant curator and greenhouse manager at Scott. "We tried some other peat-free mixes, but this one—and Mark's work with sourcing things locally—seemed the best option for us," she says. —Denise Cowie

For more information, see Find It Here, p. 83.



Organic Gardening has awarded its "Seal of Approval" to the Organic Mechanics Soil Company for its organic potting soils and soil amendments. Organic Mechanics soils were selected because of their organic, environmentally sound composition and the company's sustainable production practices.

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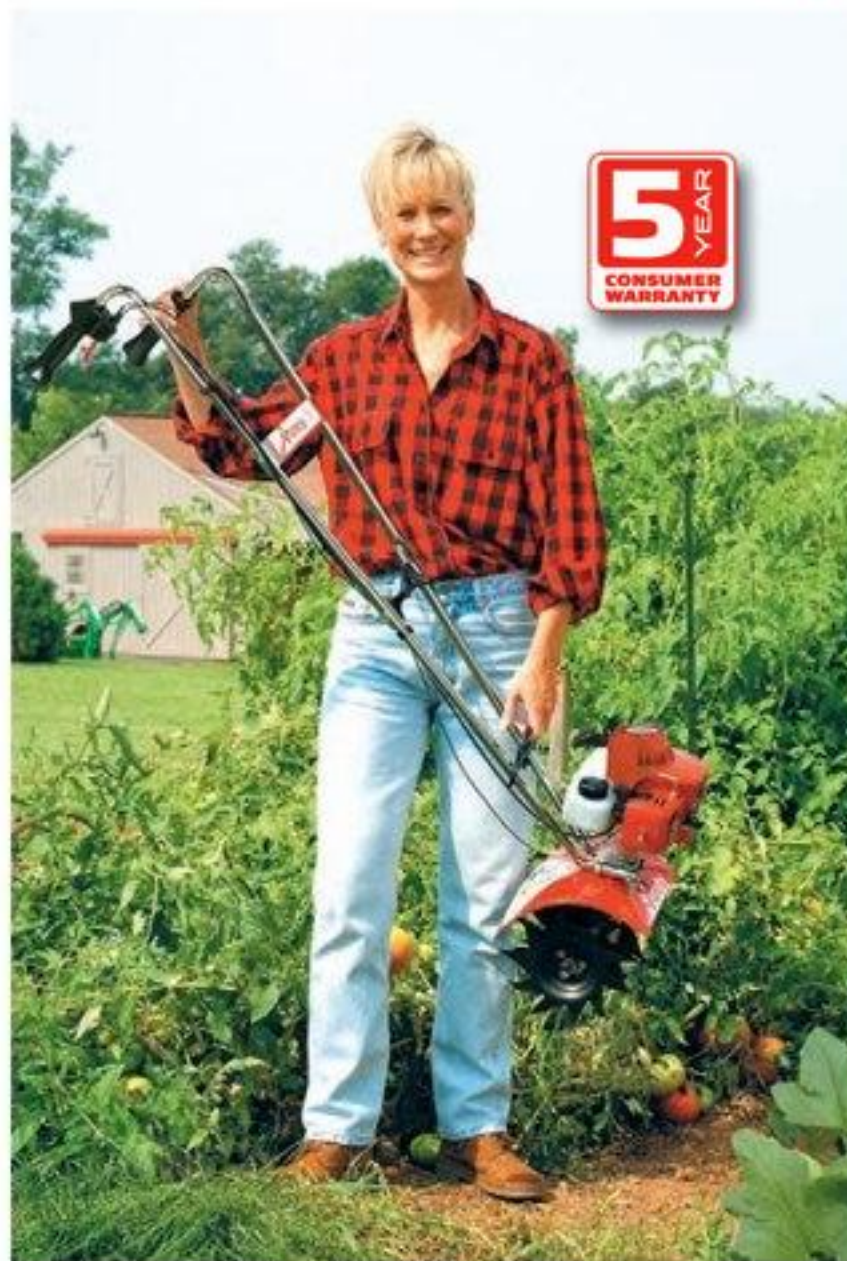


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1. The Circlehoe Mini Hoe, 10 inches, and Hand Hoe, 15 inches

These hoes have a circular carbon steel blade to make short work of young weeds in the vegetable bed, but their shape and balance give you great control, so your vegetable seedlings stay unharmed. The Mini Circlehoe is also useful for containers and for gutting squash and pumpkins. \$12 and \$17, circlehoe.com

2. Radius Weeder

Lightweight, with a colored cushioned grip that’s easy to spot if left in the garden. The aluminum blade’s serrated edges cut through soil and roots. \$10, radiusgarden.com

3. MintCraft Weeder

This tool’s forked teeth efficiently pop tap-rooted weeds out of the ground, while the fortified steel fulcrum provides the lever-

age so your hand and arm don’t have to. Total length is 13¼ inches. And the price can’t be beat. \$4, hardwareandtools.com

4. Hori-Hori Knife

In Japanese, *hori* means “to dig,” and this knife can cultivate, cut, and dig circles around most other weeders. Sporting a 7-inch stainless-steel blade and a hardwood handle, it’s weighty but efficient. \$30, gardentoolcompany.com

5. Sneeboer Exaggerated Hand Weeder, Two Pronged Weeder, and Dandelion Trowel

Hand-forged in the Netherlands, these three stainless-steel tools are pricey but will last a lifetime. Handles are strong, split-resistant ash or cherry. \$46 to \$54, sneeboerusa.com

For more information, see *Find It Here*, p. 83.

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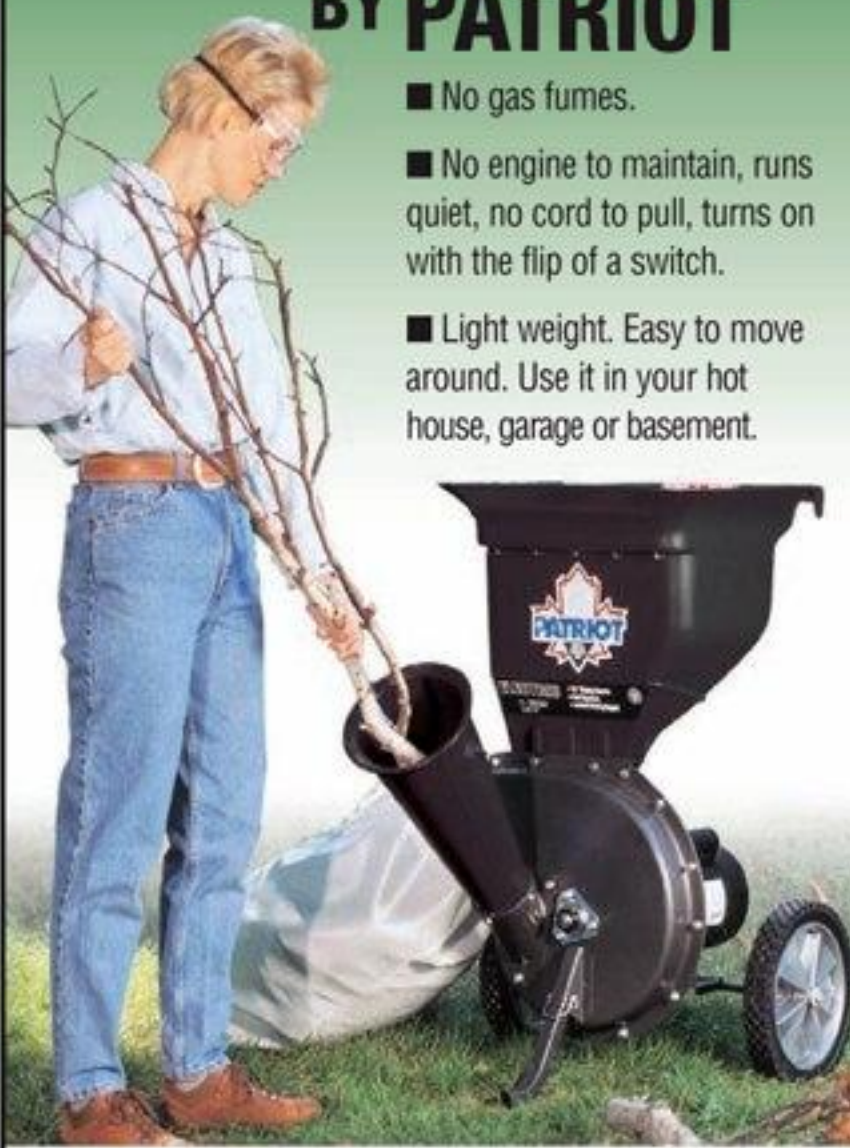




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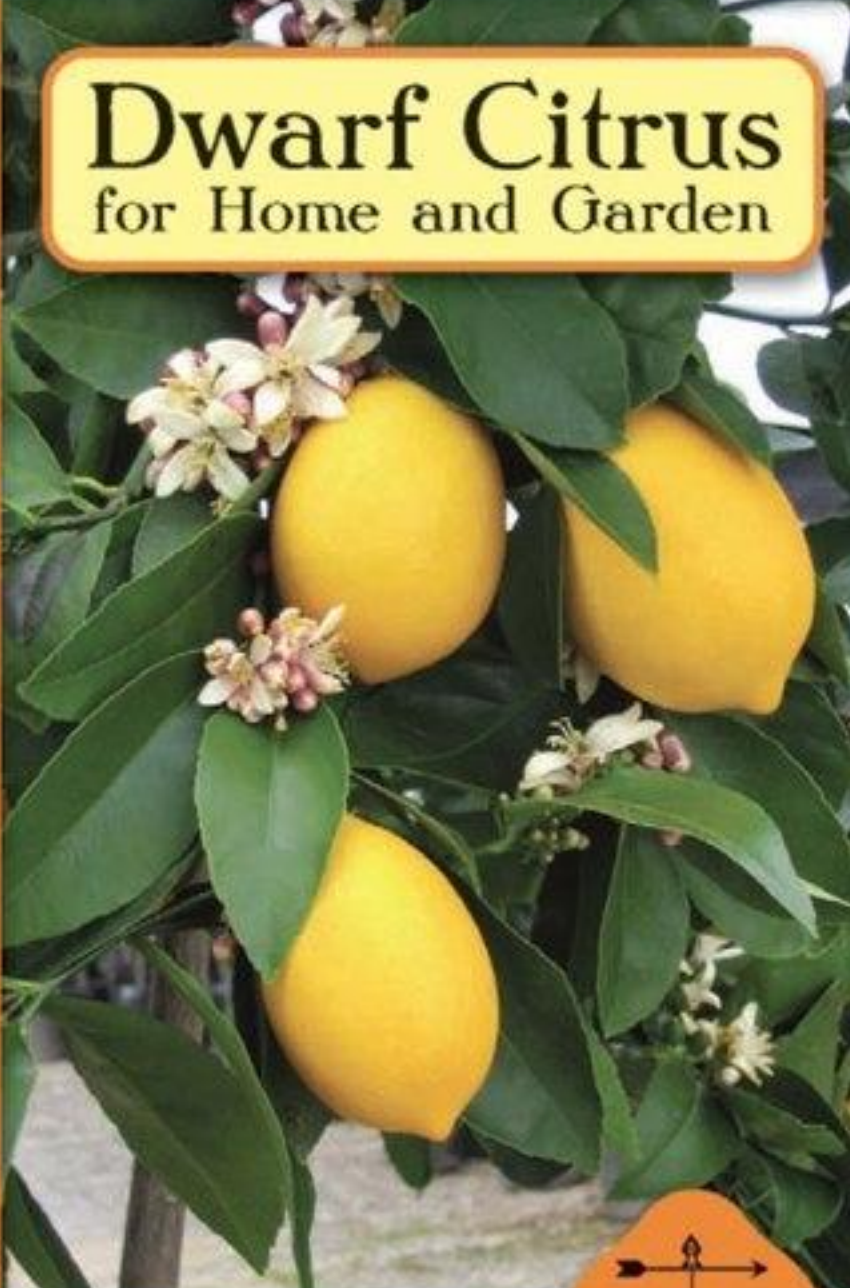


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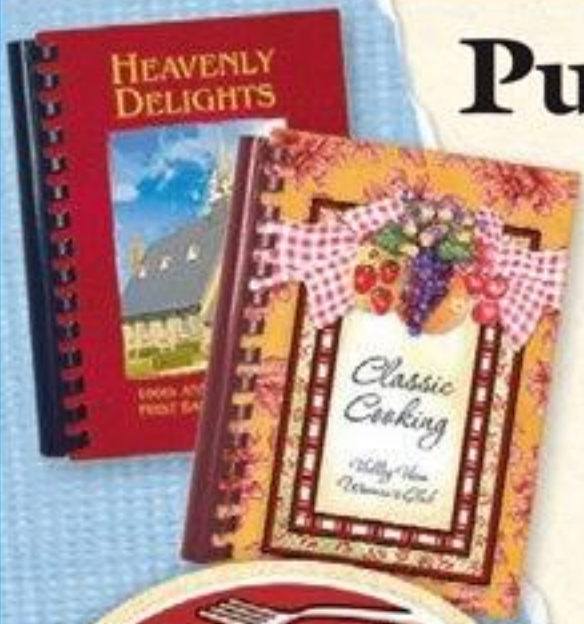


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Design Like a Pro: Pots with Personality, p. 16

Container plants: **Annie's Annuals & Perennials**, 801 Chesley Ave., Richmond, CA 94801, 888-266-4370, anniesannuals.com. **Proven Winners** plants are sold at garden centers nationwide; retail finder at provenwinners.com. **White Flower Farm**, PO Box 50, Litchfield, CT 06759, 800-503-9624, whiteflowerfarm.com; **Wrightgardens.com**, Plantersville, Alabama, wrightgardens.com.

Plant TNT: Cottage Pinks, p. 18

Dianthus plants: **Annie's Annuals & Perennials**, 801 Chesley Ave., Richmond, CA 94801, 888-266-4370, anniesannuals.com; **Goodwin Creek Gardens**, PO Box 83, Williams, OR 97544-0083, 800-846-7359, goodwincreekgardens.com; **Plant Delights Nursery**, 9241 Sauls Rd., Raleigh NC 27603, 919-772-4794, plantdelights.com; **Sugar Creek Gardens**, 1011 N. Woodlawn, Kirkwood, MO 63122, 314-965-3070, sugarcreekgardens.com.

Simply Fresh: Radish Revelation, p. 24

Eastside Café, 2113 Manor Rd., Austin, TX 78722, 512-476-5858, eastsidecafeatx.com. Radish seeds: **High Mowing Organic Seeds**, 802-472-6174, highmowingseeds.com; **Johnny's Selected Seeds**, 877-564-6697, johnnyseeds.com; **Territorial Seed Co.**, 800-626-0866, territorialseed.com.

Common Ground: Garden Art, p. 28

Chanticleer, 786 Church Rd., Wayne, PA 19087, 610-687-4163, chanticleergarden.org.

Flower Power: Manuka Honey, p. 32

Information: **Waikato Honey Research Unit**, <http://bio.waikato.ac.nz/honey/special.shtml>. Mail-order sources for manuka honey: **Honeymark International**, PO Box 15381, Boston, MA 02215, 866-427-7329, honeymarkproducts.com; **Manuka Honey USA**, 8815 Conroy Windermere Rd., Ste. 229, Orlando, FL 32835, 407-271-8484, manuka-honeyusa.com.

Reliable Rugosas, p. 36

Rugosa roses: **Antique Rose Emporium**, 9300 Lueckemeyer Rd., Brenham, TX 77833, 800-441-0002, antiqueroseemporium.com; **Pickering Nurseries**, 3043 County Rd. #2 RR #1, Port Hope, ON L1A 3V5 Canada, 866-269-9282, pickeringnurseries.com; **Vintage Gardens**, 4130 Gravenstein Hwy. North, Sebastopol, CA 95472, 707-829-2035, vintagegardens.com.

Pay Dirt: Organic Methods Hold Water, p. 60

Information on the Farming Systems Trial: **Rodale Institute**, 611 Siegfriedale Rd., Kutztown, PA 19530-9320, 610-683-1400, rodaleinstitute.org.

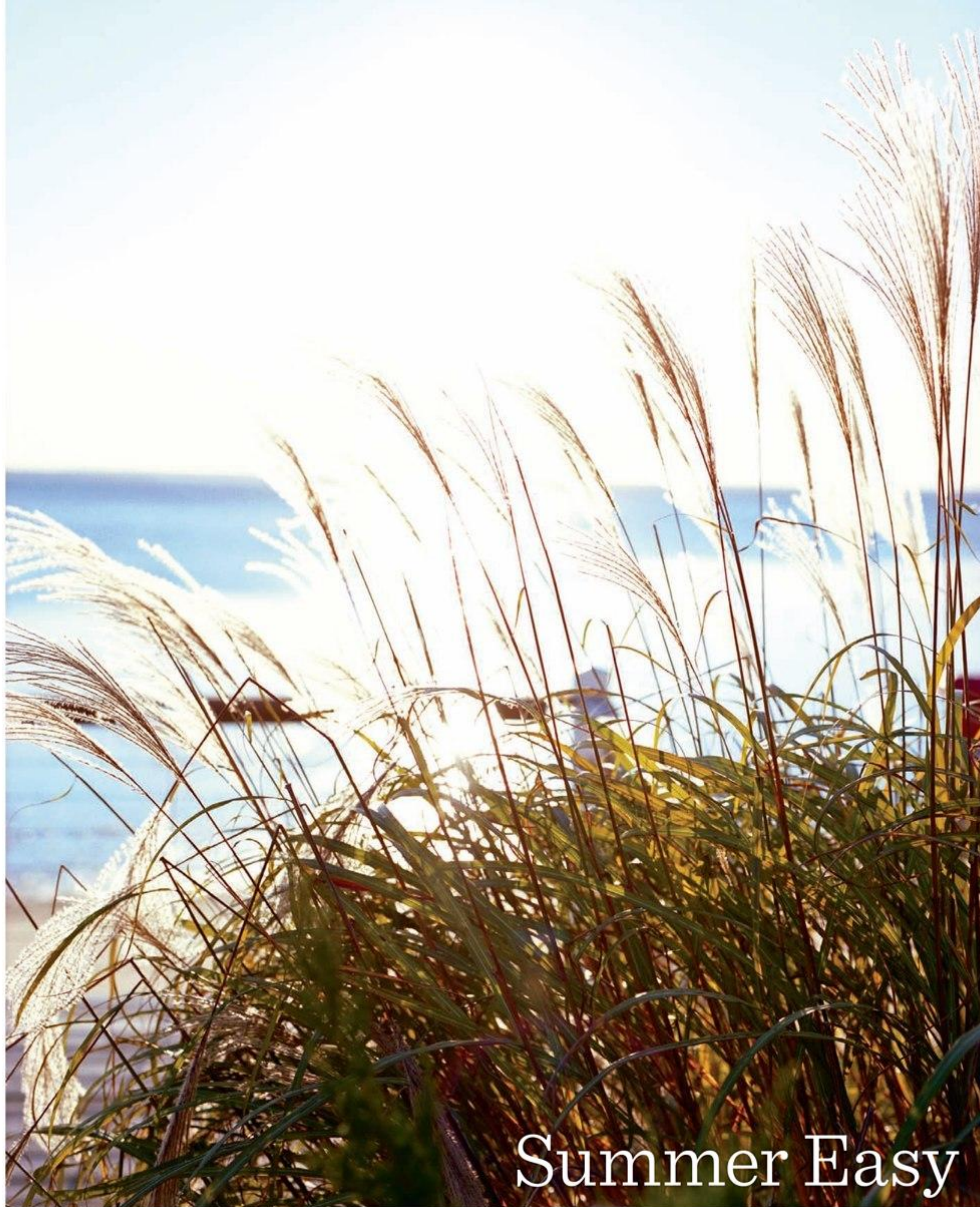
Profiles: The Organic Mechanic, p. 74

Organic Mechanics Soil Company, 110 E. Biddle St., West Chester, PA 19380, 610-380-4598, organic-mechanicsoil.com.

We Like This! Hand Weeders, p. 78

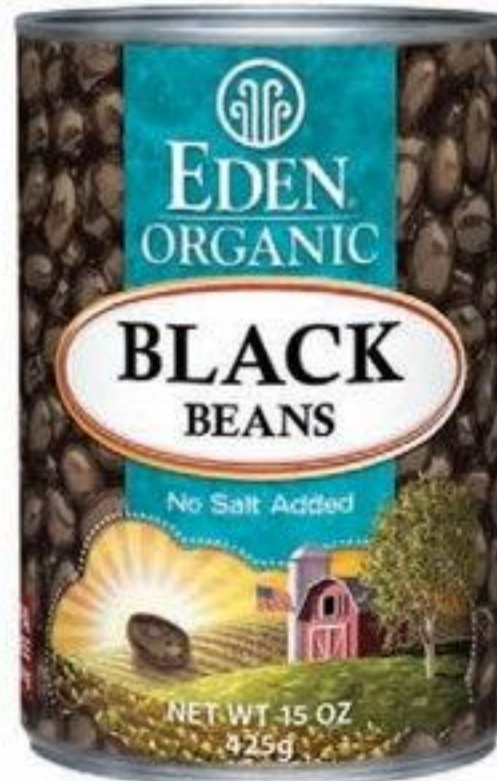
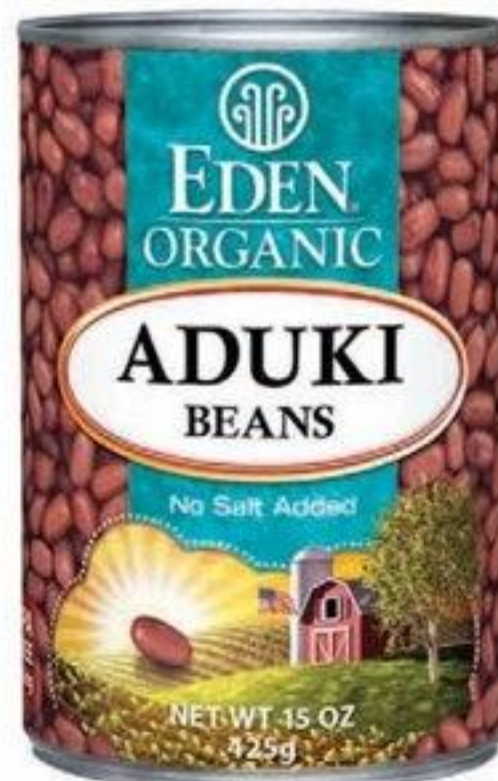
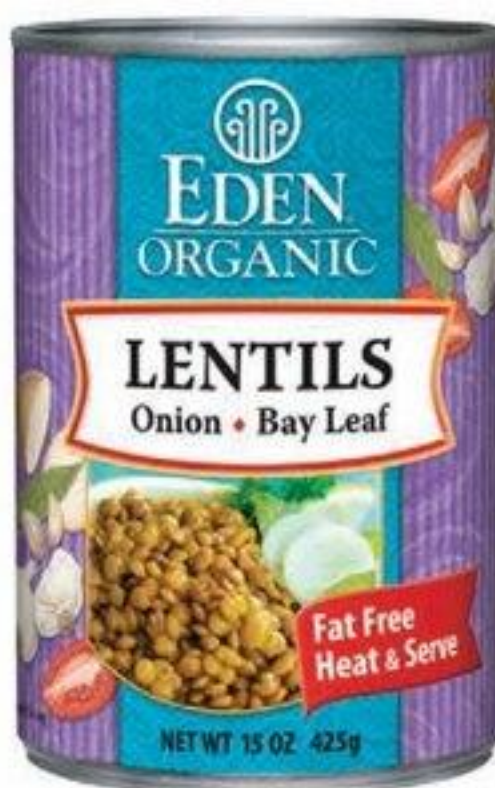
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Summer Easy

Yes, I love summer in the garden. But even more, I love summer in untamed nature. It's in the wildness of uncultivated space where we can feel the most at ease, most in harmony with our hearts and ourselves. Most of all, though, I love the beach, where the rhythms of the ocean remind us of the universal cycles, and the air smells salty and rich with mysterious life beneath the surface. Sometimes as gardeners—let's face it, as humans—the hardest thing to do is let go. But oh, how good it feels when we do. Happy summer! —*Maria Rodale*



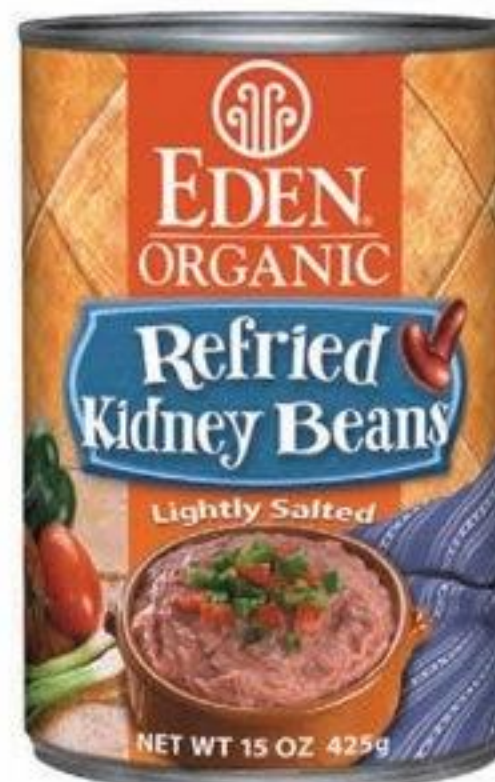
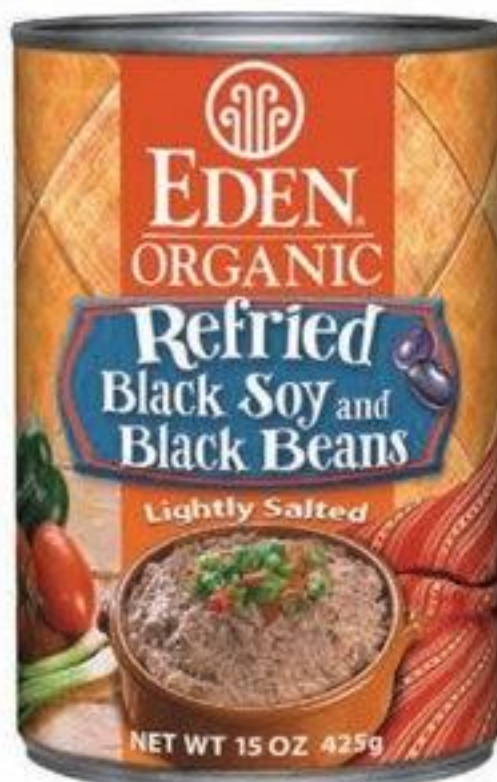
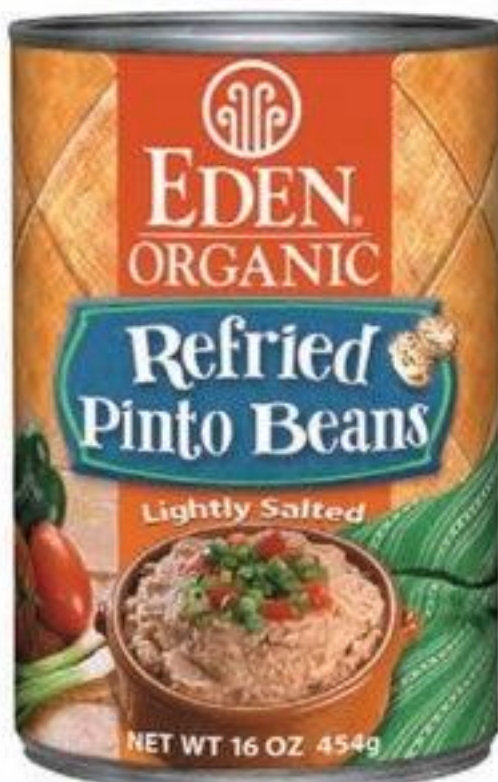
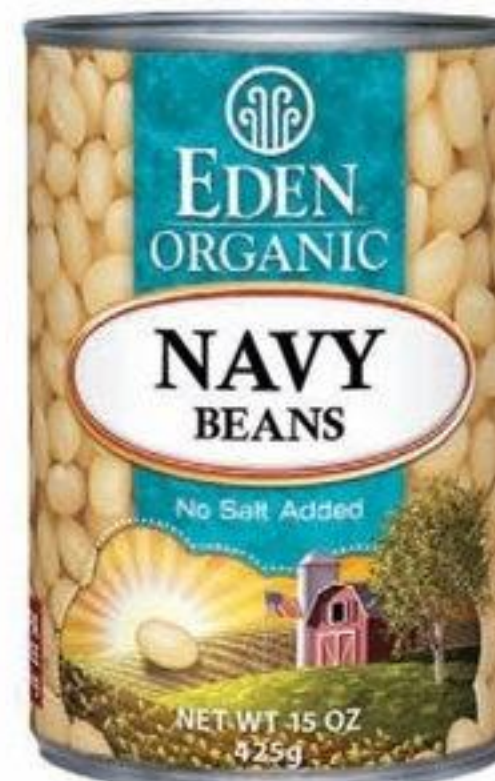
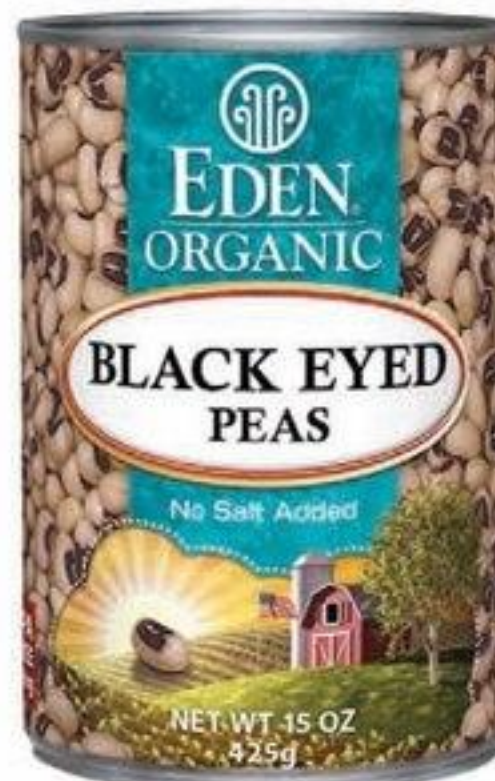
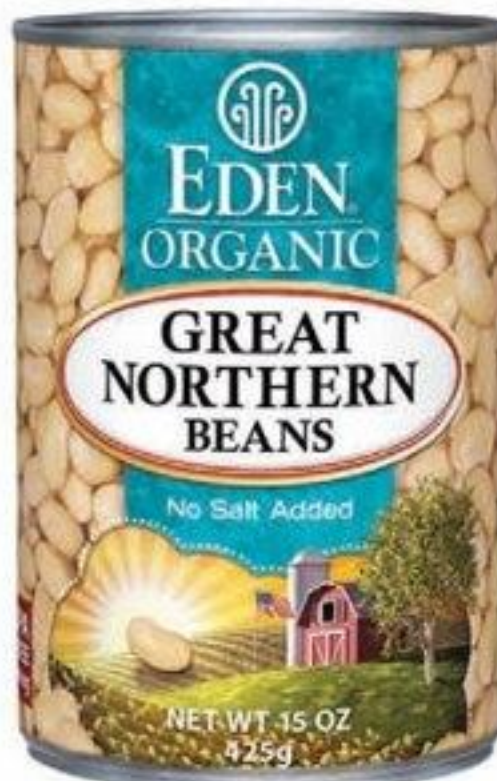
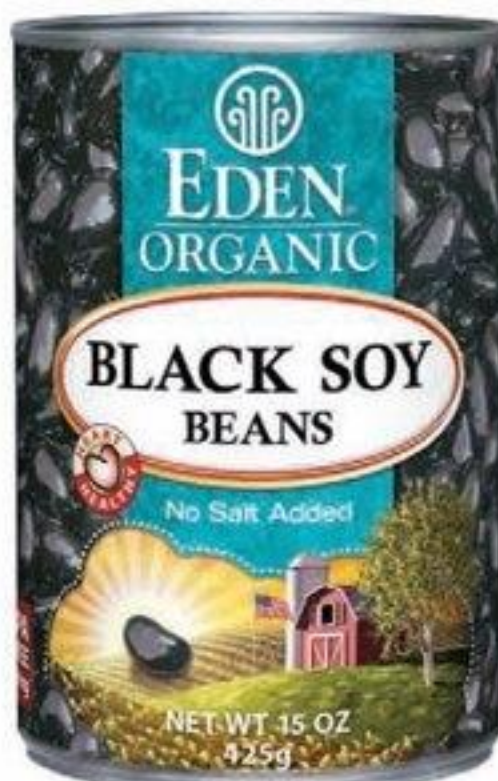
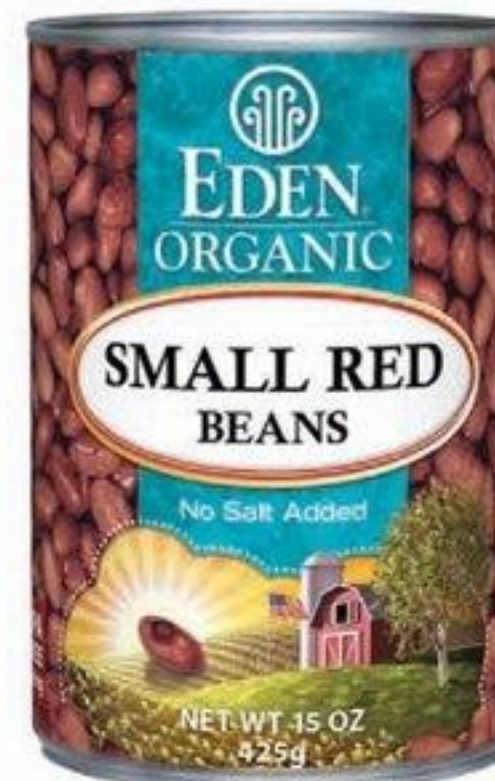
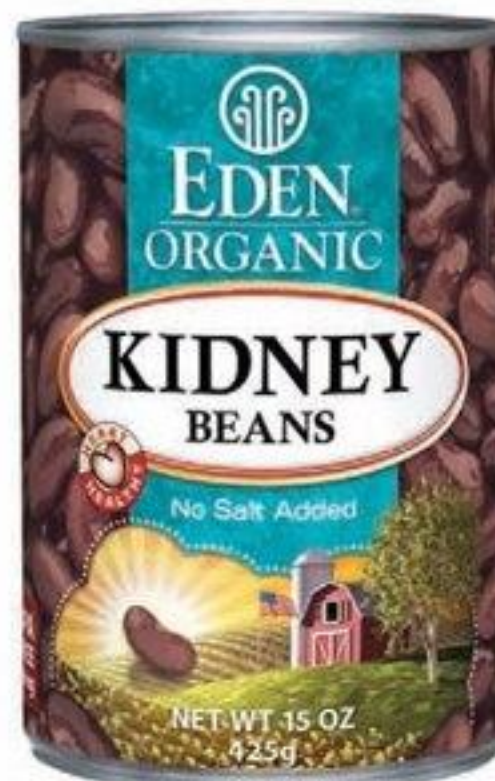
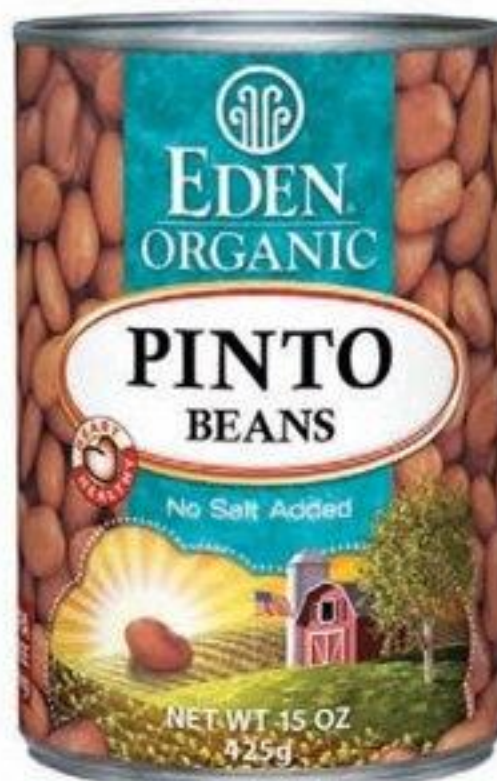
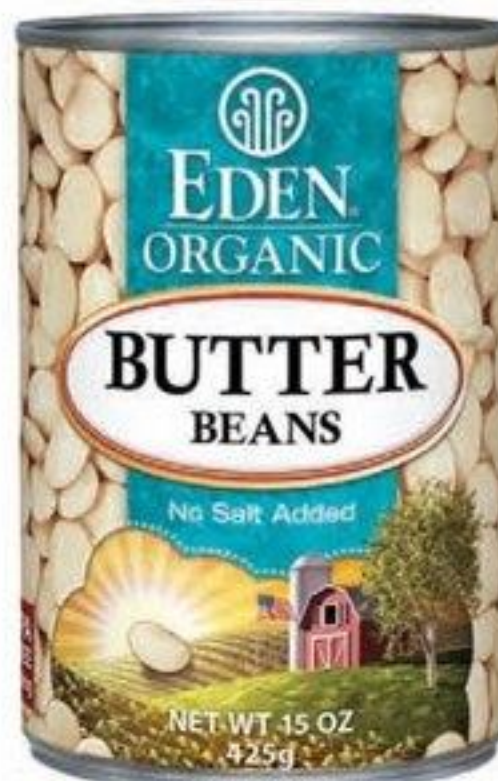
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